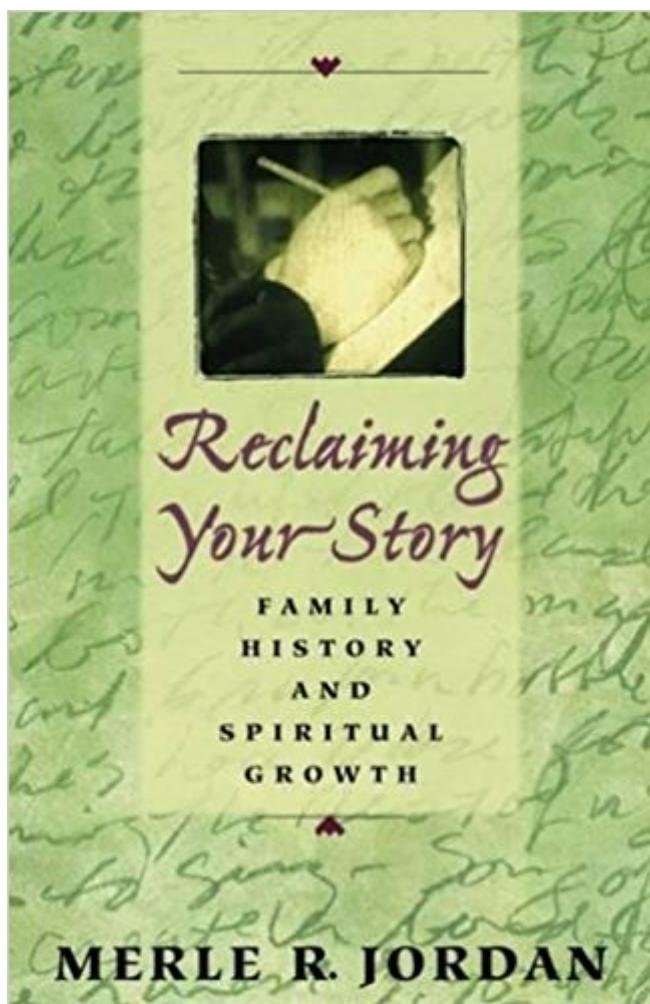


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# Reclaiming Your Story: Family History And Spiritual Growth



## **Synopsis**

Merle Jordan argues that many people spend their adult lives struggling to distinguish between the imperatives of divine authority and the deeply rooted psychological authority of family structures. Employing the wisdom of his experience as a pastoral psychologist as well as the insights of clinical researchers and therapists, Jordan offers ways to demythologize false absolutes and to refocus distorted maps of reality.

## **Book Information**

Paperback: 124 pages

Publisher: Westminster John Knox Press (May 1, 1999)

Language: English

ISBN-10: 0664256414

ISBN-13: 978-0664256418

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 12 customer reviews

Best Sellers Rank: #679,085 in Books (See Top 100 in Books) #18 in Books > History > Middle East > Jordan #428 in Books > Religion & Spirituality > Religious Studies > Psychology #1631 in Books > Christian Books & Bibles > Christian Living > Family

## **Customer Reviews**

Merle R. Jordan is Professor Emeritus of Pastoral Psychology at the Boston University School of Theology in Boston, Massachusetts.

The package was inadequate to protect the book. It was wrinkled with water damage. The contents within are great for reclaiming your story.

A friend recommended this book and it is quite good. Looking to understand man's formation and potential transformation, Jordan starts at the early home or what he calls our "family of origin." He argues that external authorities--parents and others--become deeply internalized when growing up. While we may separate from these authorities later in life, they continue to inform our understanding of self and behavior. The problem is that these authorities, to varying degrees, misinform us about our identity and thereby limit our freedom and potential. We are often bound by the lies others have told us and we retell ourselves daily. Jordan encourages us to dethrone these "idols" and listen to

the ultimate authority: God. God loves us and we must internalize his love. So strengthened, we can finally begin to be bold, free adults that exercise full selves in the divine service.

Admittedly this work is spotty in clarity and quality of writing, but incomparably valuable. If there is another resource of comparable brevity and concision, breadth and depth, and packing a similar emotional punch, I would like to know of it. He outlines the core of numerous useful psychological resources, entwining them within an evangelical theology that clarifies both personal idolatries and paths to true atonement. Readers will see themselves in these pages, and in seeing their darkness delineated, may find hope.

Quite good for conceptualizing the work I do with clients. The book is clear and easy to read and comprehend. It is helpful for thinking about how you relate to and out of your family dynamics and history.

A little too esoteric.

great condition

Excellent

Helps the reader move into a fuller, more loving relationship with God, with others, and with him/herself by way of understanding and working to change beliefs about his/her place in his/her family of origin. Employing the wisdom of his experience as a pastoral psychologist as well as the insights of clinical researchers and therapists, the author offers ways (through storytelling) to demythologize false absolutes and to refocus distorted maps of reality. He then develops practical exercises to promote spiritual growth and poses carefully guided questions to enable self-understanding. The result is a strengthening of the power to love. The author is Professor of Pastoral Psychology at Boston University School of Theology.

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