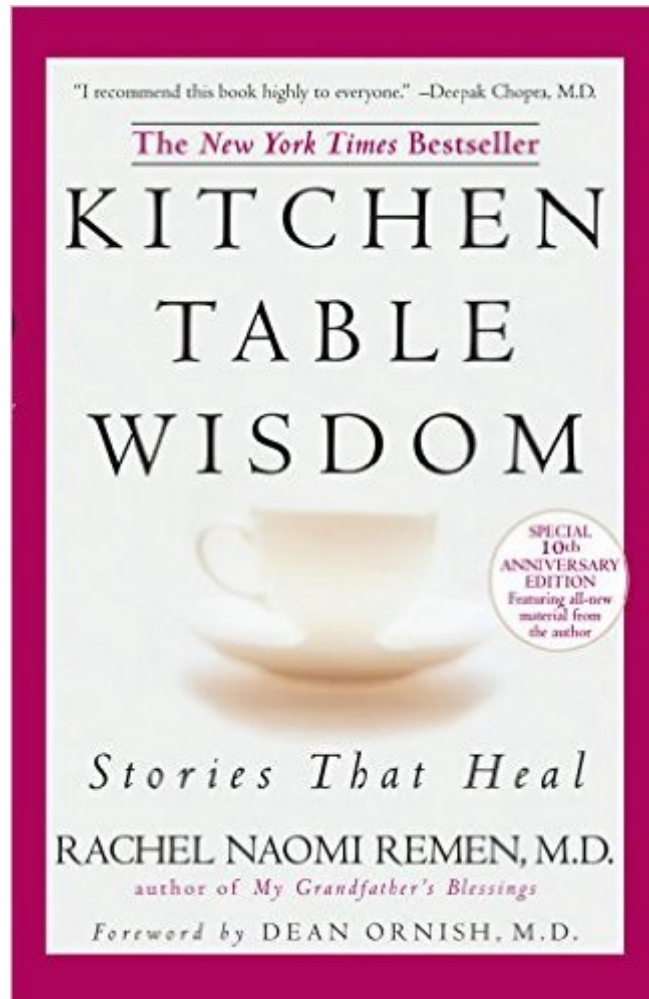


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# Kitchen Table Wisdom 10th Anniversary (Deckle Edge)



## Synopsis

"I recommend this book highly to everyone." --Deepak Chopra, M.D. This special updated version of the New York Times-bestseller, *Kitchen Table Wisdom*, addresses the same spiritual issues that made the original a bestseller: suffering, meaning, love, faith, and miracles. "Despite the awesome powers of technology, many of us still do not live very well," says Dr. Rachel Remen. "We may need to listen to one another's stories again." Dr. Remen, whose unique perspective on healing comes from her background as a physician, a professor of medicine, a therapist, and a long-term survivor of chronic illness, invites us to listen from the soul. This remarkable collection of true stories draws on the concept of "kitchen table wisdom"-- the human tradition of shared experience that shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives.

## Book Information

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## Customer Reviews

Several friends had told me about *Kitchen Table Wisdom* over the years, and I just put off purchasing it. Then while recovering in the hospital from surgery, the chaplain suggested I read it. I read it during my recovery and have not stopped reading it since. There are so many lessons in the book, and Dr. Remen's selection of stories and writing style present an education on how to be human and to develop a deeper understanding of the humanity each one of us possesses. I look at my life, and those around me in a different way since I read the book. Dr. Remen has taught me that we all have the capacity to make our life a blessing and she is truly a blessing to all that read her

words.

Anyone who reads Kitchen Table Wisdom will be touched and inspired by the learning processes of the patients and the life lessons which they teach us through their experiences. The stories are life-affirming and will validate your own experiences in a way that is frequently unavailable in our present social context. This is a **MUST READ** for anyone who is a "health-care professional." The wisdom and compassion learned from a lifetime of being both a doctor and a healer is beautifully and articulately expressed in this book. It could easily be described as an ethical will.

It's difficult to believe Remen is trained as a hard-nose physician. The book is eloquent and very touching. Remen shares her stories with simple words and ideas, and ends up creating a profound effect. Reading this book is like sharing in the rich tradition of storytelling at its best. Indeed, the read is passive, like the stories are being orally conveyed by a soft-spoken sage. Remen does not preach nor does she try to manipulate emotions from the reader. It does not carry the pretentiousness of a "Chicken Soup..." publication. The careful reader will see that Remen still struggles with the paradoxical world and emotional taffy-pull of a Philosophy-Undergraduate-Turned-Physician. In fact, the book seems therapeutic for Remen in the middle of her own quest to self-discovery. I highly recommend you share in Remen's quest, it will offer you momentary, security-blanket-style warmth. As a prospective medical student, I found the book helpful in shaping my own perspective about healing and health care, but most importantly found it to be a springboard in developing myself as a compassionate caregiver. Kudos, Ms. Remen!

Kitchen Table Wisdom: Stories That Heall was given a copy of this book by a colleague many years ago. I only recently read it for the first time, and I now realize what a wonderful gift I received. I know I will reread this book and refer to it many times. The subtitle explains it: "Stories That Heal." I cannot imagine that anyone reading this book thoughtfully would not be deeply rewarded for the time spent. I very rarely have read something that I would recommend to **EVERYBODY**, but this is one book I **WILL** recommend to everybody. Epiphany, anyone? File under "Guide for Living Well."

Rachel Naomi Remen fittingly dedicated her extraordinary book "Kitchen Table Wisdom" to "everyone who has never told their story." Remen, a physician and counselor, says stories "heal when they are more about who we are, not what we have done. About what we have faced to build

what we have, what we have drawn upon and risked to do, what we have felt, thought, feared and discovered through the events of our lives." And about where the love that has sustained us comes from. Remen shows through her own story living with Crohn's disease how suffering and helplessness helped her to connect more deeply with others and live with an open heart. Her illness included being in a coma after a massive bleed in her mid teens, having her large intestine surgically removed and having to wear an ileostomy, and years of intensive therapy with toxic drugs. She says her experience taught her that at the heart of intimacy is vulnerability. When we see a matching vulnerability in another we know we will not be judged. That we are all more than we know and that wholeness is never lost, it is only forgotten. Her inspiring stories illustrate that the purpose in life is to grow in wisdom and love. How perfection is a booby prize. What is needed is simply to be human. How we sometimes trade wholeness for approval from others. How the way we see another may easily become the way in which we see ourselves. How "broken" is only a stage in a process. How the healing of suffering is compassion not expertise. How the healing of our woundedness lies in reclaiming our capacity to heal others through touch, forgiveness and acceptance. That anger only becomes a problem when we become wedded to it. How fear of losing things we possess end up possessing us. How the worth of a lifetime is measured more in kindness than in competency. How inner silence reveals insight and truth. How prayer changes us not the world. How freedom comes not from controlling events but from a willingness to move with the events. How the less we are attached to life the more alive we can become. And how embracing life is more about adventure than having your own way.

This beautiful, touching and life- altering book is without doubt one of the best books I've read. Dr. Remen captured my mind, heart and soul from the very first page. The stories she tells about herself, her patients, her family and friends are told with amazing honesty, beauty and grace. This book is about Life with all its different facets, phases and seasons. As a physician, reading this book has made a lot of impact on how I view my role and how I communicate with my patients. I now think of myself not as a "doctor" but as a healer, and know that there is much more to my work than diagnosing diseases and prescribing medicines. I read this book many times, and every time I laugh and I cry and I am inspired and touched. This book is truly one of a kind; it is worth a million stars!!

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