

*WindWhispers Press*

is pleased to announce the publication of

*Tales of a Wounded Healer*

*by Mariah Fenton Gladis*

Imagine a woman who can hardly walk or talk due to ALS holding a room spellbound with her boundless ebullience about life and her insistence on love and compassion for self and others. By facing her own death straight on and tapping into the healing life force that exists in all of us, Mariah Fenton Gladis has become a deep and abiding inspiration to many.

In her book *Tales Of A Wounded Healer*, Mariah invites readers into her heart, mind and soul as she draws strength from her own struggles to mend the lives of others who have been devastated by trauma and tragedy. Rather than succumb, she has used her personal struggle to deepen her empathy for the pain in others. She understands that tragedy is a universal phenomenon that comes in many different forms and therein lies the opportunity for elevation and healing. Her love, courage, stamina and passion for life, for her family and her work are contagious, and continue to draw people to seek her counsel and cram her workshops.

*Tales Of A Wounded Healer* is a book about miracles, hope, redemption, and healing. It teaches contact skills that can change the world, one moment at a time through the power of compassion. Its mission is to educate, enlighten and pass on a belief in the infinite possibilities for individual healing. It shows that each story of transformation, like a stone dropped in a pool, starts a healing ripple for families, neighborhoods, and, ultimately, for the emerging global community.

The book begins by revealing the personal 27-year odyssey of renowned psychotherapist Mariah Fenton Gladis through her diagnosis and subsequent life with ALS, more commonly known as Lou Gehrig's Disease, and how that diagnosis catapulted her to envision and develop a new method of psychotherapy that dramatically facilitates healing and change.

Mariah turns her former approach inside out by moving from encouraging people to cope with their lot in life, to empowering them to understand and provide for the compelling force and potential of their own personal needs. The book shows that when met with respect, love, compassion and generosity of spirit, human needs, though often misunderstood, can actually arm the individual with the capacity to transform their lives and contribute to the healing of others. In short, human need lies at the heart of potential change. It is the seed waiting for water.

The book presents strong theoretical instruction for the concept of 'creating exact moments of healing'; moments grounded in awareness that precisely respond to and provide for the emergent needs of an individual, family or community. Behind these needs there are almost always events that have produced *stuckness* in a person's worldview, character, and capacity. In this therapeutic approach, each "exact moment of healing" is designed to complete the "unfinished business" (Gross, 1991) (making meaning, attention and resolution) of each

individual. By discovering and recreating the critical negative moments that lie at the root of dysfunction, these very moments can become the ones that make us whole again.

*Tales Of A Wounded Healer* presents true stories of people who have changed their lives through this profound work. Each story focuses on seminal moments of healing in detail to illustrate such themes as the healing power of a loving relationship with the body, recovery from post traumatic stress syndrome, the importance of receptivity in healthy human functioning, the impact of a terminal diagnosis, the need for supportive community, mending fractured families, creating self-esteem and empowerment, manifesting life fulfilling dreams, development of a compassionate relationship with self and others, and recovery from sexual abuse and trauma.

Creating exact moments of healing is a simple, yet profound formula. Knowledge of how to mend emotional damage should not be reserved to professionals. There is a vital need right now for healthy people who can create and maintain productive and harmonious relationships in their families, their community and the world.

Never has there been a time in history when the need for human understanding and forgiveness has been so critically important. Our very survival depends on people grasping the need to interrupt polarization and equip themselves with healthy contact skills and a wholehearted concern for the wellbeing of all people. *Tales Of A Wounded Healer* is designed to meet this need by increasing the reader's personal awareness, teaching the mechanics of healthy contact and instilling the human capacity to bring about change through the vitality of a loving heart.