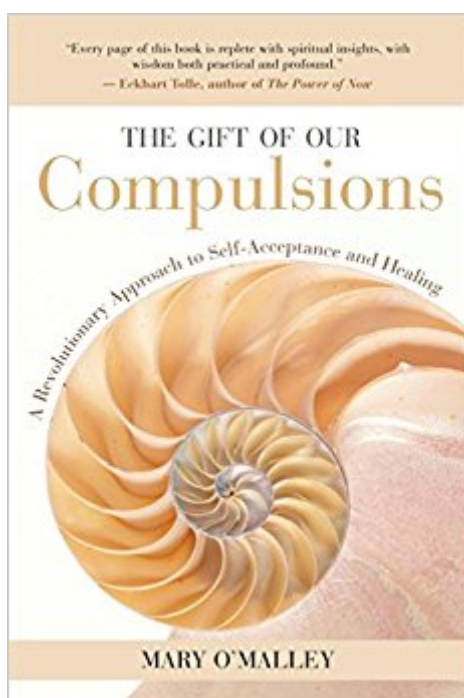


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# The Gift Of Our Compulsions: A Revolutionary Approach To Self-Acceptance And Healing



## Synopsis

Everyone is compulsive to some degree. People may worry too much, work too hard, or overindulge in food or alcohol or drug use. Once a compulsion is admitted, the usual option is to try to control the behavior. But this effort typically ends with the problem compulsion returning, or a new one taking its place. In this book based on three decades of research, Mary O'Neil Malley has crafted a new approach to healing compulsion, with simple exercises and techniques and an inspiring tone. People are compulsive for a reason, she says, and by observing the things they are compulsive about, engaging those compulsions, readers can begin to understand them and change their actions around them. The book's exercises help readers in the engagement process by teaching them to ask the right questions. The book shows readers why lasting healing comes from being curious rather than controlling, and self-acceptance comes through forgiveness, not shame.

## Book Information

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## Customer Reviews

Absolutely amazing read. Stumbling upon it and discovering all of the wisdom and gems has already changed my life and I'm not done reading it yet. Would buy for loved ones who struggle with self-blame/shame/criticism. Would buy again. Very grateful.

Into chapter 3, and so far the book touches on the surface of psychological roots of compulsions. I'm reading it for a history of emotional eating and it makes sense- make friends with the

compulsions. Don't deny or be scared of them. Figure out where they are coming from. Good read.

Excellent book. Very helpful in looking at compulsions and addictions. This book allowed me to see my behavior in a different light and it taught me the value and importance of being with my experience in the moment. I read this several years ago, yet I can recall much from this book. It is actually worth reading multiple times.

This book brings a lot of clarity to reconnect with ourself to better understand our compulsions. If you're struggling with any sort of addiction, this book can open your eyes to be curious about what you really need in the moment you turn to your vice. I've been putting some of the practices into place. It's a process that takes time but I'm seeing myself clearly when I'm about to turn to my vice.

I chose to purchase this book for my tablet which has made it an incredibly handy resource. I highlight statements and bookmark places and return to the author's thoughts almost daily. O'Malley's words are wise and nurturing and I'm finding this book a just right fit for my needs. I experience a sense of peace and spaciousness with her focus on building a relationship with the compulsion and her emphasis that the compulsive behavior is the link towards opening to self-acceptance and self-love. While she gives practical tools to develop awareness and resources, she offers a perspective that keeps me returning to her writing to help open my heart. I'm so glad I found this book!

There is so much wisdom in this book; took me awhile to read it because I really needed to ponder the concepts presented by Mary O'Malley. Our compulsions will go away when we no longer need them to call for our attention...questions we can ask ourselves to find the answers in our heart...this book is a great resource!

Mary O'Malley shares her transformation with us and the structures she created to be present in her life. The presence to her feelings about herself, her choices and her needs made a difference for her and it made a difference for me too. Mary is dedicated to people's transformation, is a generous and loving person and I'm grateful for her commitment. This book, when empowered, is fantastic. Do the practices, experiment and discover. I weighed 189 pounds when I read the book. From reading the book, I was able to generate awareness around my choices, my needs and most importantly the space to create an ideal relationship to food and to my body. The weight just fell off.

My relationship to my body was that it was an extraordinary gift and food was the fuel and the way to honor this machine. Changing how I fed myself or kept myself fit never felt like work or willpower, thanks to Mary. Granting myself and others forgiveness was a product of this work that went well beyond losing weight. It affects every part of my life.

For almost 30 years I've been stuck in my old approaches to compulsions. Although I wish I'd had the understanding contained in this book many years ago it came to me at a time and place where I was finally ready for it. The simple relevancy and depth in the first few pages gave me a sense that I was being led in the right direction. I began to understand that much of my ignorance was due to lies and misleading religious teachings. I knew I was on to something and my next wave of compulsion was finally met with courage and compassion for myself. Instead of rushing to "fix" the problem I stopped and faced it. What followed was totally unexpected: I saw for the first time one of the root causes for my hangups and negative thought-patterns but it was beyond mere introspection. I saw the mechanics of the thing that was driving me to drink vividly as it was happening. No amount of substance-abuse information, self-control or self-analysis could be worth that one moment. I had one of the greatest and most unusual weeks of my life to say the least. I'd never claim to be out of the woods yet but more than just this one-time experience I now have an approach to myself, or should I say, a lifestyle that's really who I am and really works.

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