



The Healer's Way: Bringing Hands-On Compassion to a Love-Starved World

Earnie Larsen, Carol Larsen Hegarty

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A leader in the recovery movement reveals how we can all heal. At the center of The Healer's Way is the "hoop"--a seven-step process of healing. First we need to make sure our core needs are met; without those we not only can't heal ourselves or others--we probably can't live. Then we need to get lost (step 2), get hurt (step 3), get stuck and hit the bottom of the circle (step 4). Only then can we get called (step 5), get up (step 6), and get going (step 7). Once we get going, we move through the cycle again and again, as life presents us with new opportunities for healing ourselves and others. The Healer's Way is the culmination of Earnie Larsen's thirty-plus years as a counselor. The seeds for the book were the questions of a young counselor: How do you keep going? What do you do when you can't make a difference? What makes a healer? The young man asked Larsen to be his mentor and some time later his stories, clues, questions, and answers came together in this book. Larsen writes, "In the beginning, and in the end, healing is about change. The pages here are about one thing and one thing only: the spiritual alchemy involved in the amazing-grace process of personal transformation."

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