



The Hunger For Home: The Map of My Journey, with Space for Yours

Elizabeth Fox Brewer

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We trip all over ourselves to feel better. Or to ignore feeling bad. We escape through entertainment or booze. We manipulate through power plays. We might even live in denial.

We want life to be painless, and yet we live with stress and discomfort every day.

I lived this way for years, and I found a way out — by becoming aware of the reasons behind what upset me. I had to look at the deep, dark roots of my emotions. Yes, it was uncomfortable at times, but when I succeeded in transmuting them, it was exhilarating.

I want this for you.

Think of the kindest, wisest, most mature person you know. I guarantee that person has faced down their painful past. Don't you want what they have?

Writing this book helped me get there (and I'm still getting there). And I know this book can do the same for you.

But once you buy it, the journey doesn't end. I have a blog, Twitter account and email, so if you have questions or comments, I'm always there to help you.

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