

BOOK REVIEW

TITLE: Healing For Damaged emotions

AUTHOR: DAVID A SEAMANDS

PUBLISHER: World alive Publishers.

EDITION: East African Edition 2002

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NUMBER OF PAGES: 144

COST: KShs 799

AVAILABILITY: Major Bookshops and leading bookstores in
Nairobi

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SYNOPSIS

The book is arranged in twelve chapters that takes the reader through some basic life experiences, identifies with the sources and nature of human feelings, and their contribution to the nature and character of the total human mind . The book exemplifies the relationship between our emotional health, and our spiritual wellness. The author draws from real life situations of real people in dialogue that serve not only to develop the plot, but takes the reader to into the lives of the characters, interpersonal relationships and the spiritual needs that exist for such persons and how their emotional turmoil's affect their spiritualism.

The Author levels his arguments and explanations on biblical teachings using anecdotes and allusion to discuss emotional issues and bring about their contribution to spiritualism and spirituality. To a Christian believer the book is a journey that nourishes emotional and spiritual appetites, resulting into emotional and spiritual freedom from the shackles of damaged emotions in our daily lives.

The author achieves down this by identifying with the emotional needs of believers, their spirituality needs and eliminates misconceptions and maligned biblical misinterpretations to help merge the emotional and spiritual wellness and the compounded spirituality benefits.

The author lays down processes to recovery from down grading emotional turmoil for the emotionally disturbed. The book attempts a systematic analysis of the human emotions and the negative forces that surround total emotional wellness of an individual. The author uses a step by step approach to these negative forces invoking both moral values and biblical teachings using anecdotes to take the reader through the recovery processes of real persons from emotional and spiritual bondage.

The book is artistically arranged to cover aspects of love, mental and spiritual health experiences, self-esteem issues, depression, self-realization and full recovery from damaged emotions. The author uses a friendly language, easy to understand and draws illustrations from real life experiences of real persons with real names and environments.

The book is a masterpiece bible study companion, a devotional resource and a counselling reference material to handle damaged emotions.

STYLE

The author has employed a number of stylistic devices to achieve literacy aesthetics and keep the reader glued to the pages all along. The following is an attempt at stylistic appreciation of the book;

a) Anecdotes

The author draws from real personal experiences in stories to discuss emotional and spiritual wellness. He has used the real person experiences to bring the reader face to face in realities of the lives of the characters.

The author shares in the experience of his characters as some of them are his real parents/client who has come to seek emotional, psychological or spiritual uplifting. Being a pastoral counsellor, his experiences with real people has completely been made use of, to bring about the masterpiece the book is.

b) Allusion

The book has drawn illustrations from other works of arts. The author in his extensive and in depth analysis of Christian spiritualism has alluded to Biblical teachings and has illustrated his writings using validation from bible verses. This allusion help the Christian believer to make references to biblical circumstances and experiences in dealing with personal and interpersonal emotional relationships.

The author has also quoted and cited other writings to explain. This has helped to strengthen his discussion on major issues. It has also been useful in leveraging his discussions and pillaring them on other writers' arguments thereby disowning the originality and concreteness of his discussion.

c) Dialogue

As mentioned in the plot analysis, the writer has widely used dialogue to put forward his arguments. To a large extent the use of dialogue brings about originality and upgrades a piece of work in stylistic. Dialogue in this book has been drawn from real person who have in real life been in sittings with the author. The author here joins the readers with the character in the dialogue as they share their experience in real life.

The extensive use of dialogue is a big step in achieving a therapeutic work such as this.

d) Narration

The author narrates his experiences with real persons through use of narration. The book applies variety of narrative techniques to achieve the authors ultimate goal. The book is told in three narrative perspectives.

The omniscient narrator has been the major narrative technique used. Here, the writer takes us through the experiences of other people from an all knowing perspectives. He has told his stories from a counselors point of view using subjects that are his true clients. His mastery of psychology has made the book a masterpiece. The author has entered into the hearts and minds of the characters and even has brought out the various experiences there in.

Second person narrator technique has been used to help guide the reader into the activities of other characters in the book. The author interacts with his character in the plot as an advisor, counsellor and eventually healer in emotional and spiritual turmoil, affecting the character.

The use of the above stylistic techniques and literary devices have enhanced plot, character and thematic advancements in this masterpiece. Through use of the above literary devices, the author has been able to navigate through a variety of themes in his discourse on damaged emotions and healing to freedom.

Thematic concerns

The book deals with a wide range of themes affecting spiritual and emotional wellness of a person. Thematic concern is brought by the author in the form of challenges, problems and issues that affect emotions and Christian spiritualism.

The themes dealt with in this book are as varied as the number of chapters. The major themes are discussed below.

Love as a theme has been dealt with at various levels: self and others love and compared, contrasted and illustrated using biblical perspective to attain spiritual wellness. The love of god and self is dealt with in self-esteem healing process and perfectionism challenges among characters in the book.

Anxiety, guilt, low self-esteem and inferiority complexes in relation to emotional and spiritual wellness are well brought out. The author takes the reader through the journey from identification of the problem and its implication to a person's emotional wellness. The author archives this by dealing with the major thematic concern one at a time. This has given the book an exhaustive attempt at fully and holistically diagnostic to recovery and full wellness.

Health has been broken down to mental health experience, spiritual health experience and their relationship with our social interpersonal wellness. The relationship has been masterfully brought out and the out come is superb.

RECOMMENDATION

The book is a master piece for persons who wish to understand their emotional and spiritual wellness in an in-depth manner. The book covers major emotional disorders facing believers in the Christian spiritualism. This book would be well suited for Christian converts in dealing with their spirituality and emotional hang ups in life and the achievement of freedom from the damages.

The book has invaluable benefits to the teenagers and youths going through self-realization and esteemed issues in the adolescence stages of development. Youth going through depression in their growth will reap greatly.

Peer counselor, church and team leaders are advised to read and practice the teachings. The issues dealt with in this book are identifiable in the clients, congregation and cohorts' group ideology. This will help peer counsellors to deal with clients

emotional wars, church leaders in dealing with the congregation and their spiritualism as well as their emotional needs.

The book will be a good hand book for devotional and spiritual leaders the priesthood and pastoral and religious leaders in the Christian belief system.

However there are other recommendations that would be very unfair to leave out; the author has primarily dealt with Christian spiritualism and assumed other religious faiths and the book would enjoy more readership and the general emotional and spiritual therapeutic success in the increased market base and broadened philosophical view if it addressed the issues at an unbiased religious inclination.

In light of the above, therefore, this is a master piece, for those undergoing emotional and spirituality crises. The book is worth more than the bucks in the price tag.

A general good read for all.