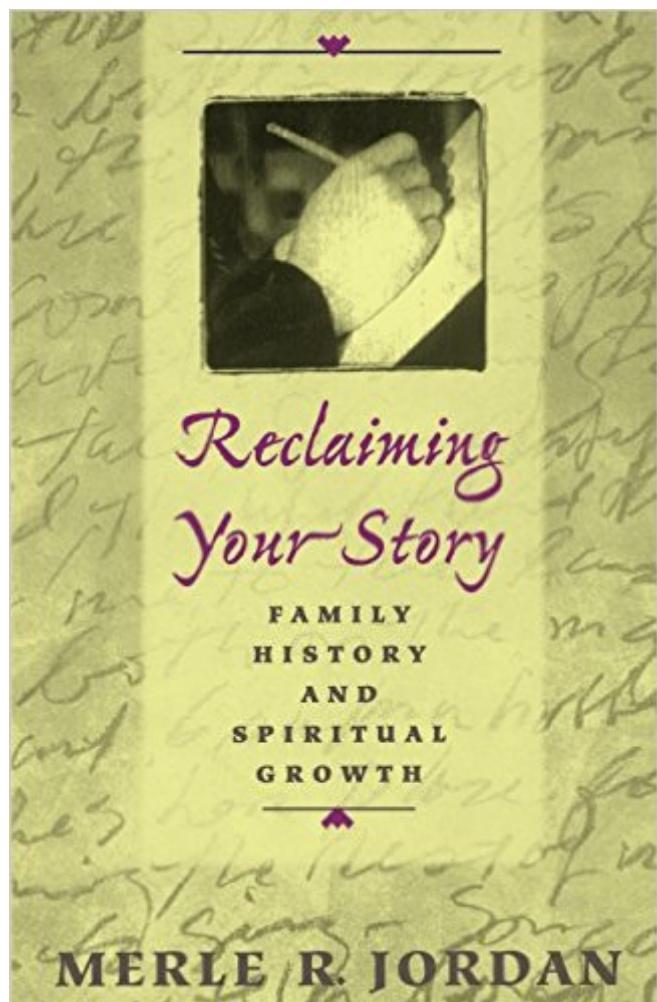


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# Reclaiming Your Story: Family History And Spiritual Growth



## Synopsis

Merle Jordan argues that many people spend their adult lives struggling to distinguish between the imperatives of divine authority and the deeply rooted psychological authority of family structures. Employing the wisdom of his experience as a pastoral psychologist as well as the insights of clinical researchers and therapists, Jordan offers ways to demythologize false absolutes and to refocus distorted maps of reality.

## Book Information

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## Customer Reviews

Quite good for conceptualizing the work I do with clients. The book is clear and easy to read and comprehend. It is helpful for thinking about how you relate to and out of your family dynamics and history.

Helps the reader move into a fuller, more loving relationship with God, with others, and with him/herself by way of understanding and working to change beliefs about his/her place in his/her family of origin. Employing the wisdom of his experience as a pastoral psychologist as well as the insights of clinical researchers and therapists, the author offers ways (through storytelling) to demythologize false absolutes and to refocus distorted maps of reality. He then develops practical exercises to promote spiritual growth and poses carefully guided questions to enable self-understanding. The result is a strengthening of the power to love. The author is Professor of Pastoral Psychology at Boston University School of Theology.

the author explains that fear is an idol and when we give up to fear, we serve an idol, not God. We are unhappy when we serve idols because we have not surrendered to God. this book helped me tremendously in understanding how to be at peace with myself and everyone else. one of the best books i have ever read.

Outstanding! There is an ancient proverb that says "Though it cost all you have, get understanding." This is the best book I have seen that combines the spiritual reality and the psychological issues a person faces on life's journey.

A friend recommended this book and it is quite good. Looking to understand man's formation and potential transformation, Jordan starts at the early home or what he calls our "family of origin." He argues that external authorities--parents and others--become deeply internalized when growing up. While we may separate from these authorities later in life, they continue to inform our understanding of self and behavior. The problem is that these authorities, to varying degrees, misinform us about our identity and thereby limit our freedom and potential. We are often bound by the lies others have told us and we retell ourselves daily. Jordan encourages us to dethrone these "idols" and listen to the ultimate authority: God. God loves us and we must internalize his love. So strengthened, we can finally begin to be bold, free adults that exercise full selves in the divine service.

Admittedly this work is spotty in clarity and quality of writing, but incomparably valuable. If there is another resource of comparable brevity and concision, breadth and depth, and packing a similar emotional punch, I would like to know of it. He outlines the core of numerous useful psychological resources, entwining them within an evangelical theology that clarifies both personal idolatries and paths to true atonement. Readers will see themselves in these pages, and in seeing their darkness delineated, may find hope.

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