



The Hidden Meaning of Illness: Disease As a Symbol and Metaphor

Bob Trowbridge

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Illnesses have meaning in the same way that dreams have meaning. They are messages from our psyche -- our inner self -- which can be interpreted and understood. Bob Trowbridge, a former Presbyterian minister and a well-known lecturer and counselor, examines how illness represents only a symbol of our real problem: the imbalance in our thinking, attitudes, and feelings. This helpful book explains how illness begins, how we use illness, how we can understand it, how we can heal it, and, as a consequence, heal our spiritual selves.

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