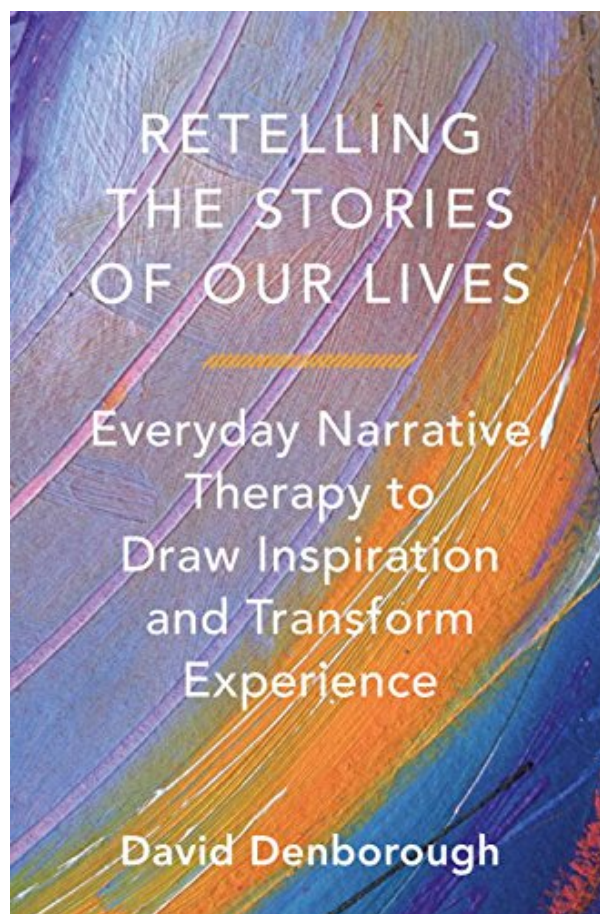
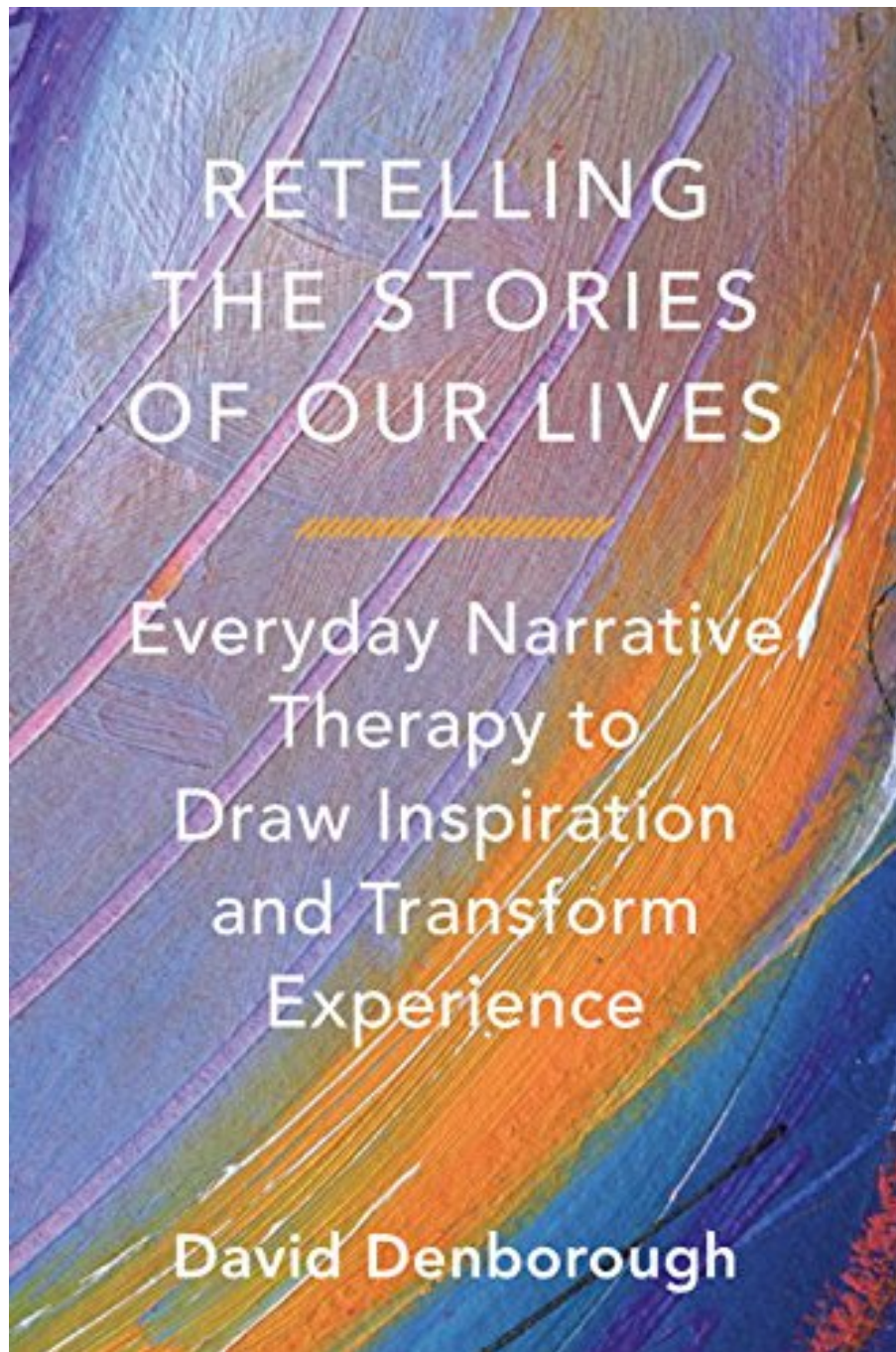


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DRAW INSPIRATION AND TRANSFORM  
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Exceptional **Retelling The Stories Of Our Lives: Everyday Narrative Therapy To Draw Inspiration And Transform Experience By David Denborough** book is constantly being the most effective close friend for investing little time in your workplace, night time, bus, and also almost everywhere. It will be an excellent way to simply look, open, as well as check out the book *Retelling The Stories Of Our Lives: Everyday Narrative Therapy To Draw Inspiration And Transform Experience By David Denborough* while because time. As recognized, experience and ability don't consistently featured the much cash to acquire them. Reading this book with the title *Retelling The Stories Of Our Lives: Everyday Narrative Therapy To Draw Inspiration And Transform Experience By David Denborough* will allow you understand more things.

## Review

[A]n excellent work that provides guidance in how to both tell and change your life story in thoughtful, well organized, and meaningful ways. . . . I hope that the tools and the ways of thinking and being that Denborough writes about become more widespread. If they did, I think we would treat ourselves and others with more respect and compassion. (PsychCentral)

In this beautifully written new book . . . a thorough and accessible teaching of narrative ideas is accomplished. Readers will find that David Denborough marries a harmonious mix of exploring narrative ideas with the encouragement of personal applications through exercises and illustrations. I have yet to read a text on narrative therapy that so effectively makes itself accessible to both facilitators and service users. Consumers, new and seasoned therapists, and reading and learning groups should all find rich learnings. . . . As you delve into *Retelling the Stories of Our Lives*, be prepared to be taken to new and wonderful places. (Narrative Therapy Centre of Toronto e-newsletter)

[O]rganized and easy-to-follow . . . [W]ritten to be a guide for both individuals and larger groups of people who want to work together and help each other through this journey. Denborough gives readers a way to overcome trauma that has held them back from too long and to see themselves in a better light. (International Journal of Psychotherapy)

David Denborough's beautifully written book helps individuals, families, and communities identify and protect what is important in their lives. Laced with humane stories of adversity and courage, the book provides opportunities for readers, alone or with others, to apply the clearly articulated ideas through simple but profound exercises. Honoring Michael White, a major narrative therapist, as well as the work of numerous other therapists, this book will move and transform readers. (Kaethe Weingarten, Director, The Witnessing Project)

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#### About the Author

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Powerful ideas from narrative therapy can teach us how to create new life stories and promote change.

Our lives and their pathways are not fixed in stone; instead they are shaped by story. The ways in which we understand and share the stories of our lives therefore make all the difference. If we tell stories that emphasize only desolation, then we become weaker. If we tell our stories in ways that make us stronger, we can soothe our losses and ease our sorrows. Learning how to re-envision the stories we tell about ourselves can make an enormous difference in the ways we live our lives. Drawing on wisdoms from the field of narrative therapy, this book is designed to help people rewrite and retell the stories of their lives.

The book invites readers to take a new look at their own stories and to find significance in events often neglected, to find sparkling actions that are often discounted, and to find solutions to problems and predicaments in unexpected places. Readers are introduced to key ideas of narrative practice like the externalizing problems - 'the person is not the problem, the problem is the problem' -and the concept of "remembering" one's life. Easy-to-understand examples and exercises demonstrate how these ideas have helped many people overcome intense hardship and will help readers make these techniques their own. The book also outlines practical strategies for reclaiming and celebrating one's experience in the face of specific challenges such as trauma, abuse, personal failure, grief, and aging.

Filled with relatable examples, useful exercises, and informative illustrations, *Retelling the Stories of Our Lives* leads readers on a path to reclaim their past and re-envision their future. 25 illustrations

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#### Most helpful customer reviews

12 of 12 people found the following review helpful.

Wonderful articulation of Narrative Therapy that is accessible to both service users and clinicians.

By Dale Andersen-Giberson

This was my second reading through David's "*Retelling the Stories of our Lives*." Upon first reading, I was struck by the accessibility of the book as David offers exercises and plain descriptions. This helps facilitate the learning and practicing of Narrative Therapy for both therapists and those looking to respond to problems in their lives.

With my second reading I was drawn deeper into David's attention to the collective elements of Narrative Therapy. His incorporation of audience has always been a part of his work that inspires me to focus more on audiences in my practice and I find myself thinking even more, now, about incorporating teams and collective documents in my work with young people and their families.

Readers might also be interested in David's ideas around trauma and loss. So often our field becomes protective of the way therapists approach therapeutic change with people experiencing trauma and loss. David offers attractive alternatives to traditional models of approaching trauma and loss in a collective style that I'm confident will appeal to many populations. It is refreshing to see the alternatives that David's application of collective ideas to trauma and loss offers to service users and therapists alike.

Whether you've been using Narrative ideas in your work for some time, you are new to narrative ideas, or are interested in using Narrative ideas for change in your life, you should find David's writing wonderfully helpful.

12 of 13 people found the following review helpful.

The ideas in this book have been very useful in my work as a therapist and in my life

By Marta Rivera

If you work as a therapist or people consult you about their life in some way, this book can be very helpful. When talks about our life as stories, you are coauthor of them. You learn to offer people who they want to write the story of their life, other people or themselves. It talk of life as a journey, when you have a problem you migrate from one way of being to a way you prefer, preparing yourself for the hard times.

The way it talks about death and grieving in its chapter Hello again, how we want to deal with our loses, we can keep the relationship if we want, we know the person is gone but we can remember how she or he was and could still have a kind of conversation with them.

Talking about trauma, you learn about double listening; the story of trauma and the story of what the person did to deal with it, and how it didn't destroy what is important and precious for them. What was that the person did or how tried to stop it or reduce the effects of trauma, and all this is according to what he or she consider important and valuable.

The book starts with the Tree of Life that is a way of telling the story of your life from what is important to you, your skills, friends, people that had helped you and even pets that are recognized as company and special for some people without pathology them Also the book talks and question about normality and its relation with personal failure.

The book also shares stories of people to support the ideas in it, and to make them clearer.

Is a very good book, good ideas, good examples, clear writing, with new and refreshing ideas.

3 of 3 people found the following review helpful.

Great book.

By LinnieRose

Very happy I got this book. Easy for just about anyone to understand and relate to. Suggested techniques are very practical and people can just sit down and do them - without "planning ahead" for the right time or any of those other great excuses for not doing anything at all. Real. Useful. Practical. Effective.

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