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The Power of Silence: The Riches That Lie Within

Graham Turner

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Many people find the very notion of silence uncomfortable, even alarming or embarrassing. They are gripped by a kind of agoraphobia of the spirit. Many try to obliterate silence by turning up the volume control of music or television, or the volume of their days.

The Power of Silence explores the world of silence--a mysterious and unfathomable realm, perhaps the most underused of all resources--and those who recognize its value. It is based on extensive interviews with those whose business is silence and who understand its creative and therapeutic uses.

Graham Turner explores how the desert fathers sought silence and solitude. Psychotherapists talk of the creative value of silence in their practice as do--perhaps surprisingly--musical composers. The great Catholic centers of contemplation are investigated, as are the practitioners of Zen and those who try to heal the sickness of the mind.

A silent moment is time for tranquility and reflection--something beyond ourselves. The value of welcoming quiet has become a great gap in modern human awareness, and this book seeks to restore our belief in the power of silence.

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