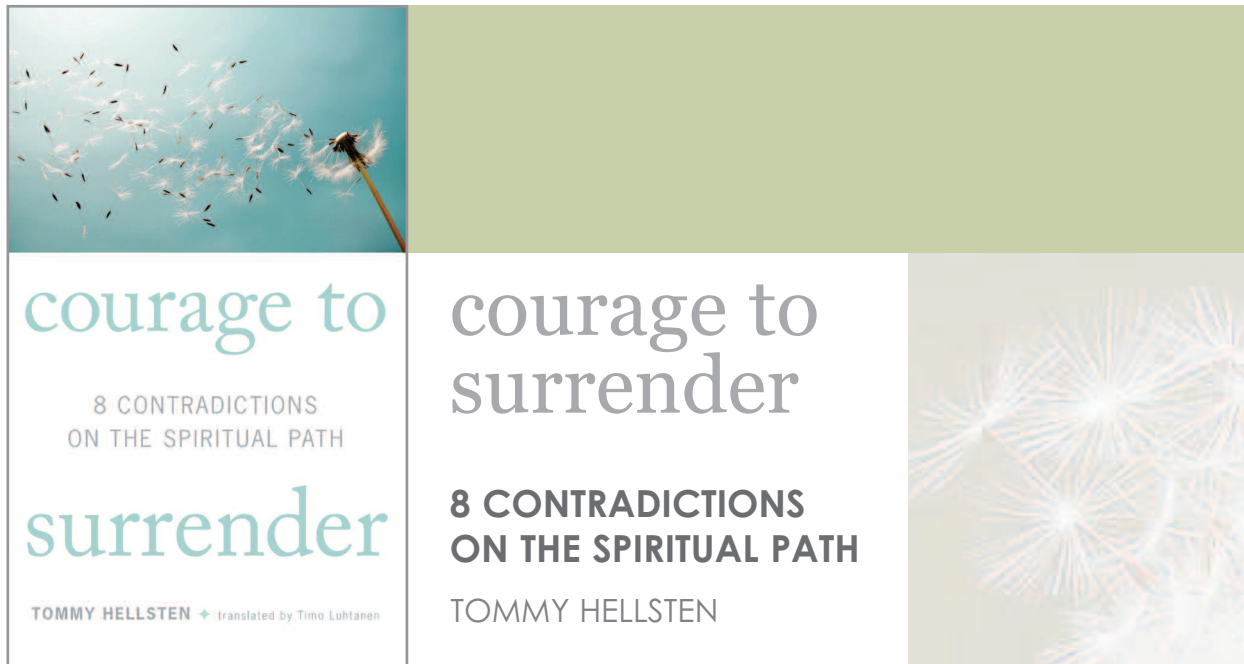


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The journey begins when you stop. True strength can only be found in weakness. If you seek safety, live dangerously.

According to ***Courage To Surrender: 8 Contradictions On The Spiritual Path***, the greatest wisdom is often paradoxical. Its author, Tommy Hellsten, is a speaker with more than 30 years experience as a therapist. Written during a period of intense personal growth, ***Courage To Surrender*** encourages readers to take the most indirect path to resolution. This paradoxical model is the essence of Hellsten's teachings, and it works because it mirrors the healing process. When we are lost and confused, our worlds come into question. Through questioning, we ultimately steer ourselves in the right direction.

Hellsten knows the power of paradox firsthand. The child of alcoholic parents, he survived his parents' divorce and his mother's suicide to make healing his vocation. But then he realized he had his own healing to do. During his time of greatest need, Hellsten enacted an absolute contradiction: he abandoned his faith. In doing so he learned that what we give up will be given to us — he found his faith anew.

Recovery programs exhort the sufferer to conquer their troubles by surrendering, but few thoroughly acknowledge how counterintuitive this process is. ***Courage To Surrender*** guides the reader to think paradoxically because the truth is, we can only develop if we acknowledge how much we've grown.

Tommy Hellsten is a counselor, speaker, and author whose 17 books include the European bestseller, *Hippo in the Living Room* (now in its 29th printing). In Europe, his books have sold over 400,000 copies. He has 30 years of experience as a therapist, including training at the Hazelden addiction treatment center in Minnesota and the Caron Foundation in Pennsylvania. Hellsten lives in **Helsinki, Finland**.

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Courage to Surrender: 8 Contradictions on the Spiritual Path
by Tommy Hellsten

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