

[PDF] The Gift Of Being Yourself: The Sacred Call To Self-Discovery

David G. Benner, M. Basil Pennington - pdf download free book

Books Details:

Title: The Gift of Being Yourself: T

Author: David G. Benner, M. Basil Pe

Released: 2004-02-06

Language:

Pages: 114

ISBN: 0830832459

ISBN13: 978-0830832453

ASIN: 0830832459



[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly In contrast to other books filled with drive-through pop psychology and sound-bite spirituality, Benner, a psychologist and spiritual director, offers an impressively deep and challenging introduction to Christian self-discovery in a little more than 100 pages. The foundational premise is that true knowledge of God and true knowledge of oneself are inextricably intertwined. For those who view such an approach as simply an accommodation to our culture's obsession with self, Benner provides a multitude of quotes from historic, respected theologians such as Augustine and John Calvin. He offers a clear and practical outline for those seeking to begin the lifelong

process of knowing God and knowing themselves in an authentic way. As a gift to Christian counselors everywhere, Benner explains the difference between authentic self-discovery and most psychological approaches. Without mentioning names, he uses the stories of "fallen" Christian leaders to illustrate how some Christians' well-intentioned avoidance of self-discovery can become a deadly snare. His discussion of accepting our flaws and sins as a necessary step to transformation is a model of lucidity. Although self-knowledge is the subject, it becomes clear that transformation is the ultimate goal both of this book and of the journey it invites readers to begin.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review "In contrast to other books filled with drive-through pop psychology and sound-bite spirituality, Benner, a psychologist and spiritual director, offers an impressively deep and challenging introduction to Christian self-discovery in a little more than 100 pages. . . . He offers a clear and practical outline for those seeking to begin the lifelong process of knowing God and knowing themselves in an authentic way. . . . His discussion of accepting our flaws and sins as a necessary step to transformation is a model of lucidity. Although self-knowledge is the subject, it becomes clear that transformation is the ultimate goal both of this book and of the journey it invites readers to begin." (Publishers Weekly (starred review), January 26, 2004)

"Wise, compassionate and accessible, David Benner's *The Gift of Being Yourself* is truly a gift to the dedicated seeker. The author draws on his professional experience as a psychologist and his own lifelong vocation as a Christian. The result is a book that felicitously weaves together the insights of psychology and Christian spirituality." (Margaret Guenther, author of *Holy Listening: The Art of Spiritual Direction*)

"David Benner's *The Gift of Being Yourself* is the best treatment of the journey to becoming one's true self that I have ever read. I began reading the book as a favor to David; I finished it in one four-hour sitting as a favor to me. Drawing from his wisdom as a psychotherapist and spiritual director, insights from Scripture, and his own self and God discoveries, David gently describes the great disparity between the false self that most of us have become and the self-in-Christ that we are intended to be. I have never been so challenged and warmly inspired to receive the gift of being my true self." (Gary W. Moon, Vice President for Spiritual Development and Professor, Psychological Studies Institute)

"David Benner is a keen student of both God and human personhood. It is a rare kind of book that combines wisdom about faith and understanding about the self. This is that kind of book." (John Ortberg, author and teaching pastor, Menlo Park Presbyterian Church, Menlo Park, California)

"Slowly we are unpacking the full implications of incarnation. David Benner does exactly the same in this excellent book, using good theology, psychology and spiritual practice to make the profound obvious. This is the work of all good teachers." (Richard Rohr, O.F.M., Center for Action and Contemplation, Albuquerque, New Mexico)

"As he has done many times before, David Benner guides us to a place of wisdom and devotion with this beautiful book. With empathy and insight he demonstrates that the two great tasks of life--knowing God and knowing ourselves--converge into a single adventure as we are drawn into the arms of our loving God." (Mark R. McMinn, Rech Professor of Psychology, Wheaton College, and author of *Why Sin Matters*)

"Rarely do I suggest a book in spiritual direction with the exception of the sacred Scriptures. However, *The Gift of Being Yourself* I would offer to directees with enthusiasm. David Benner has shown us where life experience, personal insight and prayer meet: in God. I highly recommend it,

especially for people beginning in spiritual direction." (David I. Donovan, S.J., Provincial Assistant for Formation, New England Province of the Society of Jesus)

- Title: The Gift of Being Yourself: The Sacred Call to Self-Discovery
 - Author: David G. Benner, M. Basil Pennington
 - Released: 2004-02-06
 - Language:
 - Pages: 114
 - ISBN: 0830832459
 - ISBN13: 978-0830832453
 - ASIN: 0830832459
-