



Wholeheartedness: Busyness, Exhaustion, and Healing the Divided Self

Chuck DeGroat

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Most of us lead busy, frenzied, fragmented lives. Our inner fragmentation keeps us from fully experiencing the wholeness and peace -- the sense of flourishing -- that our hearts so deeply long for.

In this book Chuck DeGroat invites readers to admit the exhaustion and fragmentation they experience on a daily basis even as he casts a vision for wholeheartedness. With wisdom gained through his years of pastoral care and counseling, he explores the phenomenon of human dividedness and wholeness through the Christian story, examines how others have experienced it, and looks at how psychologists and researchers suggest addressing it.

With insights derived from a rich diversity of sources, including poets, scientists, philosophers, psychologists, and the Christian tradition, DeGroat's *Wholeheartedness* will enable readers to discover the remedy for their frenzied lives.



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