





**heartbeats of hope**

At times I feel frightened  
Dark, cold, and alone  
My heart misses beats  
leaves fall,  
Death's icy breath  
Chills my neck.  
What is the use?  
Only a cliff ahead,  
Life interrupted.  
But a smile  
a touch,  
a hug, can  
Light a fire,  
Blow upon  
a forgotten ember  
Bring warmth,  
Restore the flow of my heart  
Chase heartspasms of fear  
With heartbeats of hope



## CONTENTS

Summary of Chapters, vii  
A Word About Terms, ix  
Introduction, xi

### **Part I Recovering My Life** **1**

---

1. Existing for Others 3
2. Finding My Unique Voice 23
3. Living My Life in Harmony with Others 61

### **Part II Recovery of Your Life through Empowerment** **77**

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4. Lessons I Learned During Recovery of My Life 81
5. The Empowerment Way to Recover Your Life 107

### **Part III Learning to Live through Empowering Dialogue** **133**

---

6. What Is Dialogical Recovery of Life? 135
7. Finding Our Voice 151
8. Learning Empowering Dialogue through  
Emotional CPR 159
9. Culture Change Through Recovery Dialogues 181
10. Facilitating Life Through Open Dialogue 189
11. My Thoughts on Recovery of Community Life 217

Acknowledgments, 229  
Appendix, 231  
Bibliography, 249