

Accepting the Radical

By Ronna Smithrim, Christopher Oliphant

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This is a subversive book. It won't lead you to social or political revolt, but it will suggest overthrowing all of your current ideas about psychotherapy, personal growth and self-help. In the process, it will cause you to re-evaluate almost all of the therapies, techniques and books about self-help which are already out there. How does it do this? By teaching something so radically different, and so radically powerful, that the challenging becomes inevitable. What makes Radical Acceptance so different is that your 'fixer' is powerless: no matter how hard you try, you can never fix yourself. And yet you already know this, even while protesting that it can't be true. "I've changed! I'm not the person I used to be!" "I can change! I just have to try harder!" "If I stop trying to change, my life will fall apart." "If I don't fix myself, no one will love me!" Put aside your fixer, as he or she isn't useful. Instead, begin to see your life from a whole new light: the light of Radical Acceptance.

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