

AllBooks Review

Cheryl Heinrichs

Genre: Self-Help, Inspirational

Title: **Creating a Healthy Life and Marriage**

Author: **Judith Anne Desjardins**

"In order to fully experience love, you must first find it within yourself."

This powerful, yet compassionate book was born as the result of a dream, and it's relationship to the author, Judith Anne Desjardins. She has bared her personal journey of healing and finding her true identity, connecting the reader with this subject. Combined with her professional wisdom, she has produced a comprehensive book for the reader based on the Holistic approach to create a healthy life, belief in self-empowerment, responsibility and personal transformation.

Most of us have heard the phrase "the past can ruin your future" or the term 'Inner Child.' These terms and their significance are thoroughly explained. J.D. believes children have five emotional/psychological needs, developing their own coping mechanisms as a child. Whether one or all of the needs were met, *or not met*, defines how the child will react in their adult life, even in the capacity to give or receive love. Thousands of people reach a traumatic point in life, when they realize they are not making healthy or fulfilling choices. Many spend years repeating the pattern of failed relationships, leading to self doubt, poor self esteem, even developing physical ailments.

She teaches the value of our conscious and unconscious. That forgiveness has to be learned, it does not erase the event or wound, but can set you free. If you do not resolve your personal issues, they become like a toxin having the capacity to destroy your life. Included are chapters on dating and developing relationship skills. It is imperative to have a solid relationship with your own self, in order to maintain a healthy relationship with others.

Judith Desjardins has maintained a 33- year holistic psychology practice. Having been raised in a military family, she learned appreciation for multiple cultures and religions. She has been an educator in the U.S. as well as Canada, but emphasizes her greatest achievement to be her marriage, children, their spouses and grandchildren.

It has taken her 15 years to prepare this straightforward, life altering, self-help guide. Take the time to participate in the provided exercises and analysis. Review now finished, I intend to take my time with it. I have renewed energy in my own search and understanding of what I need to do, not to mention Hope! It is my pleasure to give the **Highest of Recommendations!**

Reviewer: Cheryl Heinrichs, Allbooks Review

Title: Creating a Healthy Life and Marriage
Author: Judith Anne Desjardins, LCSW, BCD, MSWAC
Publisher: Spirit House Publishing
ISBN-13: 978-0-9843875-0-2
Pages: 400
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Pacific Book Review

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Title: *Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit*

Author: Judith Anne Desjardins

Publisher: Spirit House Publishing

ISBN: 9780984387502

Pages: 385, Hardcover

Genre: Self-Improvement/Psychology/Alternative Medicine

Reviewed by: Nicole Sorkin

Review date: July 2, 2010

We all strive to live a happy and whole life. Most of us want to meet the right person and have a healthy relationship, which will blossom into a loving marriage. We don't want to be tormented by the past. We want to be loved. We want to be able to love. Judith Anne Desjardins new book entitled, *Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit* is unique in its kind; offering a holistic approach with her professional objectivity. Throughout this book readers are guided on a spiritual journey finding out who they are and given the tools to live a healthy emotional lifestyle.

Judith Anne Desjardins is a Licensed Clinical Social Worker, a Board Certified Diplomat in Clinical Social Work, and a Master Social Work Addictions Counselor in Santa Monica, California. She has many years of experience both clinically and personally. Judith writes openly in her book about her own life struggles that have affected her. She writes about how she had to work hard to make the necessary healthy changes in her life. It wasn't easy to face the pain, but by doing so Judith now has a happy marriage and was given the added confidence to write this book so others can learn from her personal experiences.

Judith brings home the essence of what is needed as toddlers and adolescents for creating emotional stability. She spells it out simply as love, guidance, and approval along with a few other very fundamental needs of children. She makes it very clear as to the damage caused by emotional and physical abuse, over-protection, under-guidance, abandonment and other acts that parents at times do not even realize are occurring. The realization of these issues and the guidance to work these often subconsciously buried issues to closure is the key to one's personal transformation.

Creating a Healthy Life and Marriage is really a new beginning to properly train and socialize a wounded adult back into society, the workplace, and family life. Essentially, the process is like that of an infant learning to crawl, stand, walk, and explore the world around them, with the loving and caring guidance that lacked in childhood. Judith also includes a section on forgiving; releasing resentment and bitterness of the perpetrator(s) of the emotional damage. I found this chapter in particular to be quite beneficial. It isn't easy to forgive. Judith writes in her book, "Forgiveness doesn't erase the event, but it does heal the wound. When you forgive the person who hurt you, you are allowing yourself to move forward in a state of peacefulness. You are letting go of the event, the person who harmed you, the hurt, the resentment. You are free!" This statement really resonated within me. It's clear that we have the power within ourselves to let go of the bitterness and live a harmonious life.

I would encourage anyone to read *Creating a Healthy Life and Marriage*, not only because the material is well presented, but also will enrich important aspects of your life. The author does not criticize nor direct how someone should feel or interpret the readers' thoughts. This book is particularly recommended for people who have tried unsuccessfully to use traditional therapy to resolve current difficult relationships and ongoing life struggles. Beautifully hard-cover bound, the book has full color artwork created by Judith and her art therapy students. Reading *Creating a Healthy Life and Marriage* with an open mind will replenish your spirit and nourish your soul.