



Damocles on the Couch: How Simple Logic And Humorous Stories Can Lead Us To Healthy Living

Herbert L. Stricklin

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Damocles On The Couch, is about getting your life straight, and it is about stories. Throughout history humans have used stories as vehicles to communicate and pass along information. Herb Stricklin, therapist and educator, has found that stories are a tremendous tool for relaying information regarding sound principles to live one's life by. Stories afford the listener an opportunity to take the information that they are hearing and apply it to their lives on a much deeper level than just hearing cold hard facts. Jesus used parables to relay some of his most powerful messages. Ancient Greeks and Romans used plays to both entertain and educate those witnessing the performance. Morality plays, such as The Sword Of Damocles, help us to learn life lessons and understand the human condition. In this story, Damocles finds himself placed in a chair with a sword dangling over his head suspended by a single hair. The angst and fear that he experiences is a universal experience for humans (not necessarily a sword, but we have all had things "hanging over our heads") Stricklin uses stories such as this to paint a picture for people regarding healthy and unhealthy ways of confronting life's many challenges.

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Cheryl Cooley:

Spent a free time for you to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled Damocles on the Couch: How Simple Logic And Humorous Stories Can Lead Us To Healthy Living can be good book to read. May be it could be best activity to you.

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