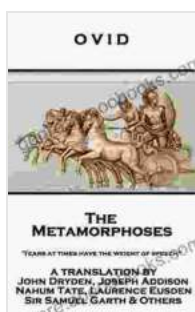


Tears At Times Have The Weight Of Speech

In her new book, *Tears At Times Have The Weight Of Speech*, author Sarah Sentilles explores the power of vulnerability and how it can lead to healing and transformation. Through personal stories and interviews with experts, Sentilles examines the ways in which tears can be a source of strength, resilience, and connection.



The Metamorphoses: 'Tears at times have the weight of speech'

★★★★★ 5 out of 5

Language : English
File size : 747 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 662 pages



For many of us, tears are seen as a sign of weakness. We are taught to suppress our tears, especially in public. But as Sentilles argues, tears are actually a powerful form of communication. They can convey our deepest emotions, help us to connect with others, and even heal our wounds.

Sentilles begins the book by sharing her own experiences with tears. She writes about how she used to be ashamed of her tears, but how she has come to embrace them as a source of strength. She also interviews other people about their experiences with tears, including a therapist, a doctor,

and a chaplain. These interviews provide a rich and nuanced understanding of the role that tears play in our lives.

One of the most important things that Sentilles learns from her research is that tears are not a sign of weakness. In fact, they can be a sign of strength. When we allow ourselves to cry, we are acknowledging our pain and our vulnerability. This can be a difficult thing to do, but it is essential for healing and growth.

Tears can also help us to connect with others. When we cry in front of someone, we are showing them that we trust them. We are also allowing them to see our vulnerability. This can create a deep sense of intimacy and connection.

Finally, tears can help us to heal our wounds. When we cry, we are releasing the pent-up emotions that have been causing us pain. This can be a cathartic experience that can help us to move on from our past traumas.

Tears At Times Have The Weight Of Speech is a powerful and moving book that will change the way you think about tears. Sentilles' writing is honest, insightful, and compassionate. She has created a book that is both personal and universal. It is a book that will resonate with anyone who has ever experienced the power of tears.

Praise for *Tears At Times Have The Weight Of Speech*

"*Tears At Times Have The Weight Of Speech* is a beautiful and important book. Sarah Sentilles writes with honesty, vulnerability, and wisdom about

the power of tears. This book will help you to understand your own tears and the tears of others in a new way."

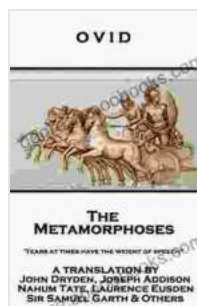
- Brené Brown, author of *Daring Greatly*

"*Tears At Times Have The Weight Of Speech* is a must-read for anyone who has ever struggled with vulnerability. Sarah Sentilles offers a compassionate and insightful guide to the power of tears. This book will help you to embrace your vulnerability and to use it as a source of strength and healing."

- Glennon Doyle, author of *Untamed*

"*Tears At Times Have The Weight Of Speech* is a groundbreaking book that will change the way we think about tears. Sarah Sentilles has written a powerful and moving account of the power of vulnerability. This book is a must-read for anyone who wants to live a more authentic and meaningful life."

- Elizabeth Gilbert, author of *Big Magic*



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