



# Turning Suffering Inside Out

By Darlene Cohen



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Darlene Cohen discovered the secret to finding happiness in the midst of debilitating pain. She shares her knowledge in her popular workshops and now in this book. Cohen, who has suffered from rheumatoid arthritis for eighteen years, was hobbling painfully to her local Zen center one day, when she made a discovery that changed her life: if she focused on the foot that was in the air rather than the one that was hitting the pavement, her stamina increased enormously. It was the beginning of a completely different approach to the crippling pain that had beset her for so long. As she demonstrates here, this approach can be expanded to all types of pain: physical, psychological, and spiritual.

Cohen—a certified massage and movement therapist and Zen teacher—proposes a radically liberating alternative to the usual desperate search for pain relief: paradoxically, she says, release from suffering lies in paying closer attention to it. When we keep pain at bay, we keep pleasure at bay, too. The two are interdependent, and our ability to experience each is totally dependent on our understanding of the other.

"Enrich your life exponentially," Cohen advises. If your pain is one of the ten things you are aware of, then it constitutes a tenth of your total awareness. Expand your awareness to a hundred things, however, and your pain is only a hundredth of your awareness. With stories, strategies, exercises, and an awareness born of long Zen practice, Cohen shows us how to tap into that enrichment—and how we can lead a satisfying and even joyful life in the very midst of pain.

This book was published in hardcover under the title *Finding a Joyful Life in the Heart of Pain*.

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## Editorial Review

### Amazon.com Review

For the past 20 years author Darlene Cohen has had rheumatoid arthritis, a painful and crippling condition. "I became isolated from everyone I knew by my pain and fear and ultimately even by the consuming effort I had to make to do any little thing--like get up from a chair, fix a cup of tea," she writes. How do we live through catastrophic situations such as Cohen's without being destroyed? For starters, don't go numb, suggests Cohen, a Zen teacher who offers pain seminars in medical facilities and meditation centers along the West Coast. "If we don't acknowledge our pain, we usually don't feel our pleasure either," Cohen explains. "Life takes on a zombie-like tenor." In fact, many of our most self-destructive habits come from an avoidance of physical or emotional pain, claims Cohen, such as substance abuse, becoming overly scheduled or overly busy, avoiding intimacy to avoid hurt. Through storytelling, attitude adjustments, meditation exercises, and straight-from-the-heart advice, Cohen guides readers into a more alive and joyful life, even in the midst of pain. --*Gail Hudson*

### Review

"Cohen—a certified massage and movement therapist and Zen teacher—proposes a liberating alternative to the usual desperate search for pain relief."— *Branches of Light*

"A practical, down-to-earth, and very wise guide to awakening in the midst of our struggle and difficulties."—Jack Kornfield, author of *After the Ecstasy, the Laundry*

"Like the Buddha 2,500 years ago, Darlene Cohen tackles the tough questions—pain, suffering, and despair—and teaches us how to transform them with the help of body and mind awareness, exercise, and deepest attunement and intimacy."—Bernie Glassman, author of *Infinite Circle* and *Bearing Witness: A Zen Master's Lessons in Making Peace*

### About the Author

Darlene Cohen is a Zen teacher who counsels chronic pain clients and gives arthritis workshops, classes, lectures, and pain seminars in private practice and at medical facilities and meditation centers throughout the San Francisco Bay Area, as well as Spokane, Washington, and Evanston, Illinois. She is author of *Arthritis: Stop Suffering, Start Moving—Everyday Exercises for Body and Mind*.

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**Carolyn Hoar:**

Reading can be called a mind hangout, why? Because while you are reading a book specifically a book entitled *Turning Suffering Inside Out* your thoughts will drift away through every dimension, wandering in each aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a reserve then become one type conclusion and explanation that will maybe you never get prior to. The *Turning Suffering Inside Out* giving you a different experience more than blown away your mind but also giving you useful data for your better life in this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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