

# Body & Soul

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## books in brief

*I Know I'm in There Somewhere: A Woman's Guide to Finding Her Inner Voice and Living a Life of Authenticity* (Gotham Books) by Helene G. Brenner, Ph.D. After years directing a women's counseling program in Maryland and leading "Inner Voice" workshops across the country, psychologist Helene Brenner has put her practical and encouraging advice down on paper. The result is a valuable and important book for all the women who have been told they are too needy or emotional, who remember powerful urges only as distant relics from girlhood, or who wonder where their strong sense of self disappears to

whenever they get in a relationship. Brenner's realistic approach flies in the face of many self-help techniques. "You don't have to change or fix or improve yourself in order to be happy," she declares. "Living a fulfilled life comes from learning how to listen to your inner voice, to the truth of your inner being in all of the ways that it speaks to you, and to live from it." *I Know I'm in There*



*Somewhere* shows why and how to uncover the "forgotten self," focusing on five pathways to finding, and listening, to that self. Brenner describes these pathways—knowing, sensing, feeling,

wanting, and tapping the inner spiritual guide—using real-life examples and practical "innercizes" that readers can try at home. In the pathway of feeling, for example, she emphasizes the need to accept your feelings (even those so-called unattractive feelings like anger and envy) exactly as they are. "When you tell the truth, the whole truth, and the exact truth about what you feel to yourself or to someone you trust, your inner self feels heard, and you feel better." Methods for facing difficult emotions include sitting with your feelings, naming them, empathizing with them, assigning them a size (as big as a house or an ocean, for instance) to keep them from seeming infinite, and viewing them as separate parts of you rather than the whole of you. Innovative advice like this, along with Brenner's no-nonsense writing style ("When life gives you lemons, the last thing you need is for some doofus to throw sugar on them and pretend it's lemonade") make this book a user-friendly guide to discovering the wisdom we each carry within ourselves.

-F.L.