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How Can I Help?: Stories And Reflections On Service

RAM DASS & PAUL GORMAN
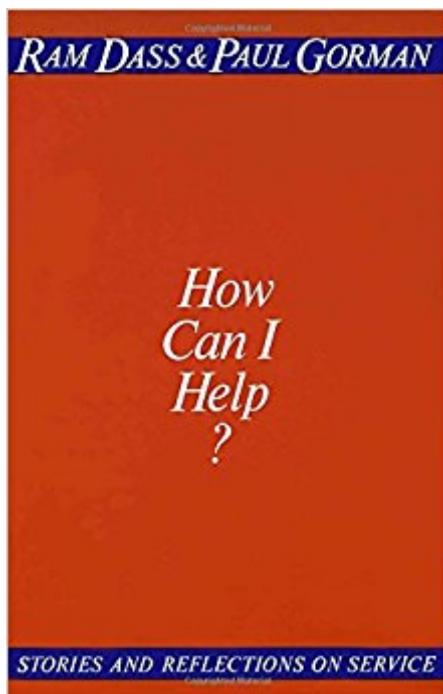
How Can I Help ?

STORIES AND REFLECTIONS ON SERVICE

Synopsis

Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?"In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration fo us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs. Here too are deeply moving personal accounts: A housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine. From many such stories and the authors' reflections, we can find strength, clarity, and wisdom for those times when we are called on to care for one another. How Can I Help? reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

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Customer Reviews

"A treasury of compassion, made all the more valuable by its many examples of how individuals can interact for the better with people and, indeed, the world around them." --Norman Cousins, author of Anantomy of an Illness"How Can I Help? deserves a special place on that shelf reserved for truly

practical wisdom." --Harold Kushner, author of When Bad Things Happen to Good People"How Can I Help? is a gentle, tender, spiritual book." --Karl Menninger, M.D., F.A.P.A

Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?" In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration fo us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs. Here too are deeply moving personal accounts: A housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine. From many such stories and the authors' reflections, we can find strength, clarity, and wisdom for those times when we are called on to care for one another. How Can I Help? reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

Ram Dass is a wonderfull Personal Awareness Treasure..I had the pleasure of recommending "How can I Help" as a text for many years while I taught Inter and Interpersonal skills to many classes of people preparing for Rehab Counseling.and Special Education professions.A student recommended it to me more than twenty years ago.

A classic. I give my copy away frequently, so this is a replacement for my own library. I own it digitally and in print form now. Its the sort of book I like to re-read now and then to refresh my attitude about helping and getting involved in the world.

Great

Ram Dass helps us look in the mirror, gently, kindly. Looking at ourselves, understanding what our motivations are, bringing greater light too the fact that we are all helped and we can all be helpers... more often than we real-eyes.

This is one of the basic books of understanding the heart of human services. I have had three copies and miore that I have passed on to people who are struggling with where they are going....it so clearly speaks to the issues which are essential in the world of service with people with needs.

This was an important book for me as a student in a helping profession. Dass and Gorman offer valuable insight into identity, helping relationships, burnout, etc, and I will definitely read it again and recommend it.

Clearly written, each pages resonates with wisdom. The obstacles one faces in serving are clearly addressed, and turned in to tools to learn about ourselves. This book is a wonderful examination of the helping process, helping profession and the psychology involved in helping.I highly recommend it.

This a book I will read 20 times! It is for anyone in any profession, but definitely those in the helping profession. Changed my life and my outlook on what I do for a living!

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