



Your Inner Will: Finding Personal Strength in Critical Times

Piero Ferrucci

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Your Inner Will: Finding Personal Strength in Critical Times Piero Ferrucci

The bestselling psychotherapist and author of *The Power of Kindness* provides concrete, meaningful lessons in developing internal willpower during times of personal crisis.

We all experience periods of gloom, fear, and uncertainty. But we each possess deep reserves of inner strength and wisdom for dealing with such setbacks. Indeed, it is the very arrival of darkened circumstances that can summon our untapped energies.

In *Your Inner Will*, therapist and philosopher Piero Ferrucci explores how to play on the iron chords of our interior selves. In this stirring and deeply practical work, Ferrucci provides a full program for the cultivation of the will by employing insights from classical mythology and wisdom teachings, neuroscience research, case studies, and psychological exercises.

Each chapter focuses on a specific aspect of will and is followed by exercises that guide the reader in its development. Chapters include: Mastery, Autonomy, Freedom, Courage, Integrity, and Resilience. Ferrucci describes the pitfalls we face when our inner strength is lacking, and shows us what we can expect when it is healthfully developed. An effective will can guide us in our search for inner freedom; it helps us to take risks and to renew ourselves; it makes us feel strong and confident.

Your Inner Will is an immensely practical study that helps readers navigate crises and pursue more purposeful lives.

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