

Booklist

Advanced Review – Uncorrected Proof

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★ Whole: A Guide to Self-Repair: How I learned to Fill the Fragments of My Life with Forgiveness, Hope, Strength, and Creativity.

Moore, Melissa (Author) and Matrisciani, Michele (Author)

Sep 2016. 256 p. Rodale, hardcover, \$25.99. (9781623367459). 158.

For years journalist Moore kept her past secret: she's the daughter of a serial killer and was raised by a mother who was regularly beaten by her second husband. Finally she decided to choose joy over despair, and went public with her story, becoming a conduit for hope for others with her TV docu-series, *Monster in My Family*. Here Moore uses the acronym "WHOLE" to present a five-point program to heal and self-repair. "Watch the Storm" refers to responding rather than reacting; "Heal Your Heart" counsels forgiveness; "Open Your Mind" relates to curiosity and values; and "Leverage Your Power" stresses heroic action. Finally, with "Elevate Your Spirit," she looks to intuition and creativity for guidance. Moore (aided by coauthor Matrisciani) delves into Eastern and Western philosophies, quotes other self-help books, interviews top experts, and samples scientific research. Personal stories are compassionately shared, and occasional exercises and sidebars underscore the advice. Moore's message is positive and powerful and free of self-pity and sensationalism. There is a wealth of wisdom here for anyone, whether he or she is struggling with an unhappy childhood, struggling with his or her own addiction or that of loved ones, or just trying to cope with life issues. Put this at the top of your self-help reading list.

— *Candace Smith*