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Per Arne Dahl

The Power of Vulnerability *About finding strength when you are weak*

Is it possible to find new strength when you are feeling at your weakest?

In this book, former Bishop of Tunsberg Per Arne Dahl raises a question he thinks is central to our times: Is there space for vulnerability in a world where the strongest often draw the longest straw?

Yes, says the author, who stresses that vulnerability is not weakness; on the contrary, vulnerability can make us both stronger and wiser. But he also issues a warning: Beware that cynical and insensitive people don't turn your vulnerability against you! Per Arne Dahl has spent his life listening to people who are going through periods of difficulty. He writes compellingly and intimately about how we can live with our hidden troubles. Showing vulnerability requires courage, and how we help each other when times get tough is of crucial importance. *The Power of Vulnerability* is a wise and warm book about how vulnerability can provide new strength.

Per Arne Dahl

Per Arne Dahl (born 1950) has worked at Modum Bad psychiatric centre for 15 years, and has been Bishop of Tunsberg and pastor at the Norwegian Parliament and in several other congregations. For more than 20 years he delighted *Aftenposten's* readers every Sunday with the column "Beneath clear skies", alongside the cartoonist Ulf Aas. Dahl has written a number of books.



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