



# Soul Friends: The Transforming Power of Deep Human Connection

*Stephen Cope*

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*“Most of us will have many friends throughout our lifetimes—friends of all shapes, sizes, and callings. Many of these are wonderful, meaningful friendships. Some are difficult. But some magic few of these are connections that have gone right to our soul. These five or seven or ten friendships have been powerful keys to determining who we have become and who we will become. . . . These are the people I call Soul Friends.”*

As the Senior Scholar-in-Residence for over 25 years at the renowned Kripalu Center, Stephen Cope has spent decades investigating—and writing about—the integration of body, mind, and spirit and the rich complexity of our relationships with others, and with ourselves. Perhaps the central truth that arises from his work is this: human beings are *universally wired* for one thing—vital connection with one another.

*Soul Friends* invites us on a compelling journey into the connectivity of the human psyche, the study of which has fascinated scholars, philosophers, and thinkers for centuries. Cope seamlessly blends science, scholarship, and storytelling, drawing on his own life as well as the histories of famous figures—from Eleanor Roosevelt to Charles Darwin to Queen Victoria—whose formative relationships shed light on the nature of friendship itself. In his exploration, he distills human connection into six distinct yet interconnected mechanisms: containment, twinship, adversity, mirroring, identification, and conscious partnership. Then he invites us to reflect on how these forms of connection appear in our own lives, helping us work toward a fuller understanding of “who we have become and who we will become.”

Without a doubt, the journey to our most fulfilled selves requires us to look within. But in order to truly thrive, we must make the most of who we are in relation to one another as well. Unsparingly honest, deeply wise, and irresistibly readable, *Soul Friends* gives us a map to find our way.

## Soul Friends: The Transforming Power of Deep Human Connection Details

Date : Published April 4th 2017 by Hay House, Inc.

ISBN : 9781401946524

Author : Stephen Cope

Format : Hardcover 376 pages

Genre : Nonfiction, Psychology

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## From Reader Review Soul Friends: The Transforming Power of Deep Human Connection for online ebook

### **Katherine says**

I loved reading this book. Totally a must-read.

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### **Dan says**

Stephen Cope has written this extraordinary psychologically rich reflection on deep human beauty in friendship. As someone who has been hungry for understanding intimate cross-sex or opposite sex friendships, I have devoured books from therapists over the last fifteen years. I have also paid close attention to how therapeutic relationships with acknowledged power differentials might shed light on mutual and equal friendships.

What I love about this book is that Cope beautifully escapes psychological-spiritual reduction of human beauty in friendship. Instead, he highlights what I would call this mysterious beauty in friendship that defies such reductionism.

I have read many books on spiritual friendship, soul friendship, deep friendship throughout the years from all kinds of different spiritual, religious, sociological, and psychological traditions. I would easily put this in one of the three best books I have ever read on deep human connection in friendship.

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### **Sandra says**

Mr. Cope has a wonderful idea, if the world would just get behind it. He connects early friendships with later friendships and advocates that we all develop more of them. That would unit the world, eventually and peace would reign. Good Reading and certainly good food for thoughts.

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### **Justina Parsons says**

The book Soul Friends by Stephen Cope grips your attention with just the right mix of real life stories from persons throughout history and the authors personal reflections, and the research that shows how these relationships help a person grow as an individual. This book will lead you to reflect deeply on your own personal relationships, and have you sorting all of your friends, past and present, into each category. I actually wept after reading the chapter on twinship, having lost a soul friend of this category to cancer, and reflecting deeply on how much that friendship changed and shaped me. I spent a lot of time telling everyone I could about what I was discovering in this book while I was reading it. Many times it felt as if a light bulb was going off, as new understanding of my own personality was revealed to me. It is a very interesting read, which I enjoyed very much.

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### **B Grace Bullock says**

Great read. Highly recommend it when it is published in April of this year.

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### **Meryl Arnett says**

I wanted to love this so much but I found it incredibly hard to read. It felt clinical rather than "soulful".

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### **Teatum says**

Protip: Make your list as you read, instead of before you start.

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### **Kim says**

It was a worthwhile slog

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### **Anders Cahill says**

This book came to me at a perfect and much-needed time in my life. I just finished it yesterday, and I'm still sitting with all of the wisdom and insights I gained, but I've dog-eared dozens of pages, and I can say for sure that it has helped me appreciate the friends I've had over the years who have changed my life for the better. It also inspires me to be more intentional about cultivating and sustaining those kinds of friendships in the years to come. It's well-written, with an authentic authorial voice, and a great mix of research, personal stories, and historical examples. Highly recommended.

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### **Jo says**

A friend gave to me as a gift. Wasn't sure what to expect. Really enjoyed it and answers the question regarding why a handful of friendships really affect your life.

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### **Beverly says**

This was one of the best books that discussed human relationships that I have read in a long time. Easy and inviting to read, I will re-visit this book often in the next few years.

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