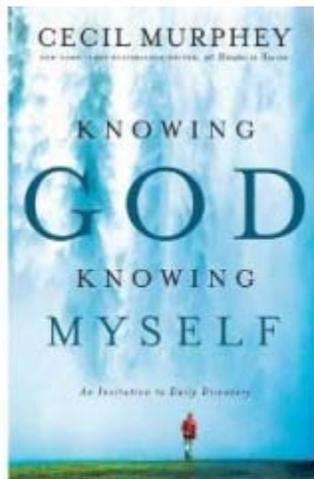


Cec is grateful for many things.



Regal Publishing will release Cec's next book in December. It's available for pre-order now.

"What We Didn't Get"

I wrote an email to a hurting friend, who suffers from the effects of terrible things he's done to others. I'm sorry for his pain, but delighted he's facing himself. It takes courage to look at ourselves and admit that we committed acts we condemn in others. (In fact, condemning others for those very acts is often the way many try to cope with their issues.)

When I faced my childhood physical and sexual abuse, I learned an invaluable lesson. I don't know if I read it, someone told me, or if God whispered it to me, but here's the lesson: What we don't receive in childhood, we spend our lives seeking—usually on an unconscious level.

Like most people I focused on the symptoms—not doing things I knew were wrong. Years ago while visiting an AA meeting, I heard the term "dry alcoholic" and that sums it up for me. Dry alcoholics no longer drink but their behavior doesn't change.

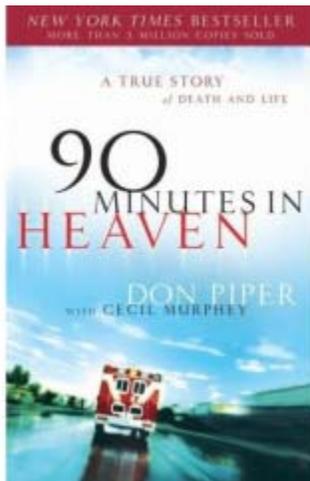
I figured out that "unacceptable behavior" (a nice term to cover compulsive problems) is a painkiller. My dad and brothers killed their pain with beer. The most notorious gossip I've ever known died recently. Many times I've thought that carrying the latest news (true or not) gave her a sense of feeling significant, perhaps even important. The "medicine" each of them took for temporary relief usually worked temporarily.

Because of a loving God who worked in my life through my wife and my best friend, I was able to accept, struggle, and to have those needs fulfilled.

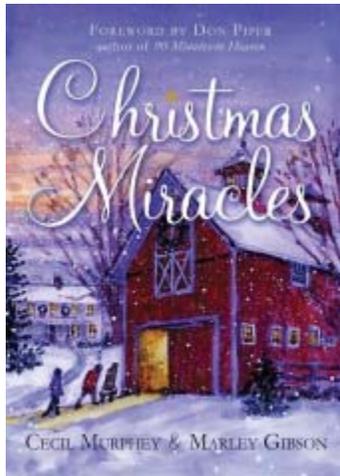
I was a lonely kid who felt different from those around him. When I was 18 months old, a dog attacked me and left terrible scars on my face. Plastic surgery took care of most of the visible scars, but the invisible ones remained for years.

The worst part of my childhood is that I never felt loved. As I ponder some of the things I did which made me feel guilty and ashamed, I now say to myself, "It was my way of searching for what I didn't receive as a child."

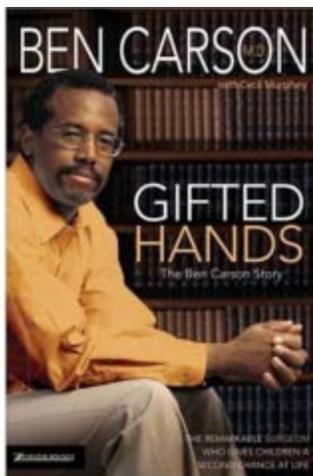
I'm probably no different from some of you, so I repeat



90 Minutes in Heaven is in its fifth year on the *New York Times*' bestseller list.



Hallmark has published an abridged edition of *Christmas Miracles* this year. Look for it in your favorite Hallmark store.



the sentence that pushed me to face reality: What we

don't receive in childhood, we spend our lives seeking—usually on an unconscious level.

Personal News

- On Sunday afternoon, November 7, I'll speak to a Celebrate Recovery group in Dunwoody, GA.
- For years I've written short, pithy sayings (as you'll read above). Editor Steve Lawson asked me to write them in a book with a brief explanation. The result is that next month, Regal Books will release [Knowing God, Knowing Myself](#).
- [90 Minutes in Heaven](#) is currently #21 on the *New York Times*' best-seller list (up from #26). It's now in its 5th year on the list.
- Hallmark is publishing an abridged edition of [Christmas Miracles](#) that Marley Gibson and I did for St. Martin's Press.
- Zondervan just published the 77th printing of the mass paper of [Gifted Hands](#).

The Twila Zone—Words from my assistant, Twila Belk

In celebration of [90 Minutes in Heaven](#) going into its fifth year on the *New York Times*' bestseller list, I've decided to offer some ["heavenly" specials on Cec's heaven books](#) during the months of November and December. (Think Christmas presents.) Click the link for details.

Cec and I have had a lot of fun during our first month of the [Cec and Me](#) radio show. We've discussed serious topics, invited special guests, and chatted about the stories behind many of Cec's books. We invite you to join us live on Tuesday nights, 7 CT/8 ET, at www.toqinet.com/shows/cecandme. Call in with questions and comments. If you're unable to be with us live, the show podcasts are available on the [Cec and Me website](#), or you can download the MP3 from iTunes. Check out the *Cec and Me* site for upcoming shows.

Are you going through a dark time in your life? Cec offers [ten suggestions for what to do when the lights go out](#).

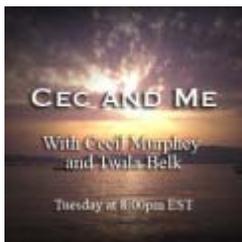
November is National Caregiver Month. Here's a helpful article about [caring for people in need](#).

Links that might interest you:

[Cec and Me radio show](#)

[Cec's blog for writers](#)

Zondervan just published the 77th printing of the mass paper edition of *Gifted Hands*. The book was first published in 1990.



Click the icon to watch a short video about the *Cec and Me* show.

[Cec's blog for male survivors of sexual abuse](#)

[Sailing Toward Success Christian Writers Cruise with Cec \(February 27-March 6\)](#)

[Cec's website](#)