



Heroes and Monsters: An Honest Look at What It Means to Be Human

Josh James Riebock

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Every one of us is both a hero and a monster, and the world we inhabit is both beautiful and twisted. We are shaken by changes, losses, gains, insights, desires, mistakes, and transitions. And just when we've gotten settled back down, things get shaken up again. This is the life we've been given. So how do we make sense of life's unexpected nature, find a way to embrace the tension, and live with a sense of peace despite pain?

In this stunningly honest, compelling, and ultimately hopeful book, Josh James Riebock explores issues of trust, obedience, intimacy, dreams, grief, purpose, and the unexpected stops along the journey that form us into the people we are. In a creative way, he shows readers that pain and beauty are so inextricably linked that to lose the former costs us the latter.

Those grappling with life's inconsistencies and trials will especially find a welcome resonance between their lives and *Heroes and Monsters*. Riebock both validates their experiences and challenges them to live beyond them in this ever-changing life.

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