A new book assembled by an eminent Latter-day Saint psychologist guides the reader on a journey of self-improvement. *Eternal Values and Personal Growth* can help you grow spiritually, emotionally, and socially using gospel principles and the results of solid research. Explanations and exercises in each chapter provide tools to make positive and lasting progress toward realizing your eternal potential. Chapter eight appears in this issue of *BYU Studies* as a representative sample.

Hundreds of books on self-improvement have been published, but some of the ideas in those books might do more harm than good spiritually. This book, on the other hand, has been organized and written for Latter-day Saints by Dr. Allen E. Bergin, recently retired BYU Professor of Psychology. Eight other highly regarded BYU professors and counselors have contributed materials to this exceptional book. To order, visit the BYU Studies web site, listed below.

**Visit our web site at http://byustudies.byu.edu**
Praise for *Eternal Values and Personal Growth*

From colleagues and other professionals:

“A world leader in psychotherapy research, Allen Bergin has spent a lifetime using the sciences and arts of healing in his personal quest to become a disciple of Christ. In this unusual book he makes a gift of what he and his colleagues have learned; his purpose is to equip others also to find their way. He provides his readers with a broad understanding that elevates insights from the social sciences by placing them in a gospel frame of reference. He shares many useful questions, self-assessment tools, resources, and strategies. He includes stories of individuals with whom readers can identify and from whom they can draw hope. And he does all of this with an unusual sympathy for the way in which struggling souls actually think, with utmost respect for their agency, and with an inspiring faith in Christ’s healing power. Taken together, these many strengths make this an extremely valuable, one-of-a-kind resource for any of us who are seeking wholeness and peace.”

—C. Terry Warner, PhD, Professor of Philosophy, BYU, and founder of the Arbinger Institute

“With the singular brilliance that occurs when a true pioneer in psychology and a faithful disciple of the Savior happen to be the same insatiable truth seeker, Dr. Allen Bergin sensitively walks and talks the reader of *Eternal Values and Personal Growth* through core issues related to spiritual and psychological health. This is one self-help book that delivers so much more than it promises.”

—Wendy L. Watson, PhD, Professor of Marriage and Family Graduate Programs, BYU

“This book invites us to do serious, soul-searching work to discover who we are and how we can change to be more Christlike. Studying the chapters and doing the journal assignments has helped me overcome several unhealthy patterns in my life.”

—Claudia C. Williams, licensed clinical social worker

“One of the most difficult challenges of adulthood is to learn to recognize our weaknesses and to find ways to move beyond them towards our divine potential. In this masterful book, Allen Bergin teaches us to see what needs to be done and helps us move step by step to greater happiness and spiritual fulfillment.”

—Gerald R. Williams, Professor of Law, BYU

From young adults using the book in an Institute class:

“Elder Bergin’s book provides spiritually insightful, effective guidance for everyday relationships and teaches valuable concepts such as empathy and communication that are essential to any lasting relationship.”

—Chelsea Spanel, freshman, University of California, San Diego

“This book has been an invaluable resource in our transition from two independent single lives to a healthy marital relationship.”

—Kim Mercer, graduate student, and Steve Mercer, graduate, University of California, San Diego
TO OUR READERS

BYU Studies is dedicated to the correlation of revealed and discovered truth and to the conviction that the spiritual and the intellectual can be complementary and fundamentally harmonious avenues of knowledge. This periodical strives to explore scholarly perspectives on Latter-day Saint topics. It is committed to seeking truth “by study and also by faith” (D&C 88:118) and recognizes that all knowledge without charity is nothing (1 Cor. 13:2). It proceeds on the premise that faith and reason, revelation and scholarly learning, obedience and creativity are compatible; they are “many members, yet but one body” (1 Cor. 12:20).

Contributions from all fields of learning are invited. BYU Studies strives to publish articles that reflect a Latter-day Saint point of view and are obviously relevant to subjects of general interest to Latter-day Saints, while conforming to high scholarly standards. BYU Studies invites poetry and personal essays dealing with the life of the mind, reflections on personal and spiritual responses to academic experiences, intellectual choices, values, responsibilities, and methods. All personal essays received will be entered in our annual personal essay contest. Short studies and notes are also welcomed.

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PUBLISHED INDEXES AND ABSTRACTS

BYU Studies is abstracted in Current Contents, Social and Behavioral Science; indexed in ATLA Religion Database (published by the American Theological Library Association, Chicago, email: atla@atla.com, website: http://www.atla.com) and Index to Book Reviews in Religion; and listed in Historical Abstracts; Arts and Humanities Citation Index; America, History, and Life; and MLA International Bibliography.

BYU Studies is published quarterly at Brigham Young University, Provo, Utah. ©2002 Brigham Young University, Provo, Utah. All rights reserved. Published in the U.S.A. on acid-free paper 4-90-46359-3.3M ISSN 0007-0106
CONDOLENCE
BY PATRICK DEVONAS
OIL ON CANVAS, 52" X 72", 2003
COURTESY MUSEUM OF CHURCH HISTORY AND ART
TURN TO PAGE 174 FOR ARTIST’S DISCUSSION OF COVER
Fig. 1. *Left*: Sarah Mumford Brown (1795–1879). *Right*: Benjamin Brown (1794–1878). Benjamin Brown witnessed the Pentecostal events at the Kirtland Temple on March 27, 1836, and wrote a letter shortly afterward describing those events in detail to his wife, Sarah. That letter has recently been discovered and is published here for the first time. Both photographs 2.5" x 4", Edward Martin, photographer, date unknown. Courtesy Barbara Evans Duffin.