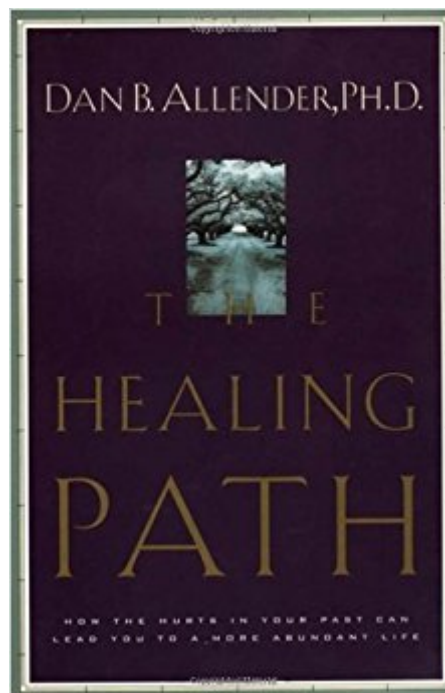




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# **The Healing Path: How The Hurts In Your Past Can Lead You To A More Abundant Life**



## Synopsis

Don't Waste Your PainNone of us escapes the heartache and disappointments of life. To live is to hurt, and we all have the wounds to prove it. Regardless of how we've been hurt, we all face a common question: What should we do with our pain? Should we stoically ignore it? Should we just "get over it"? Should we optimistically hope that everything will work out in the end? If we fail to respond appropriately to the wounds that life and relationships inflict, our pain will be wasted; it will numb us or destroy us. But suffering doesn't have to mangle our hearts and rob us of joy. It can, instead, lead us to life--if we know the path to healing. Healing is not the resolution of our past; it is the use of our past to draw us into deeper relationship with God and his purposes for our lives. If you're ready to shape a future characterized by love, service, and joy, now is the time to step out onto The Healing Path.

## Book Information

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## Customer Reviews

"Powerful truths which heal the heart are not always easy to grasp, especially when you're hurting. But Dan Allender writes with such skill and expertise that you find yourself well down the path toward healing before you're even halfway through the book. Reliable and readable. That's The Healing Path." -Joni Eareckson Tada, author and artist

Don't Waste Your Pain None of us escapes the heartache and disappointments of life. To live is to hurt, and we all have the wounds to prove it. Regardless of how we've been hurt, we all face a common question: What should we do with our pain? Should we stoically ignore it? Should we just

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Have you ever been depressed? Have you ever faced serious tragedy? Have you ever lived in this world called "life?" If you have, you probably know that a lot of pain can come with it. I bought this book because my own past is very broken. I was having a difficult time with how to live as a Christian honoring God when all around me I was suffering because my mind was filtered with grief. Dr. Allender has taught me SO much! I can honestly sit here and say that I've come through the depths of despair and the deepest valleys and now have a clear mind and a joyful heart with much thanks to this book. Anything I've read by Dr. Allender has caused my heart to cry but ultimately, to heal. I pray that you find healing in your life. It's not easy, but it is SO worth it!

This is the absolutely most fascinating book I've read in a very long time. The author speaks with genuine authority on the topic and writes in a style that makes this heavy topic a breeze and VERY enjoyable. The author is also very insightful. If you are dealing with any kind of pain that you can't seem to make peace with - you owe it to yourself to buy and read this book. It's a keeper for your library.

Writing from personal experience and hundreds of counseling sessions here are unshakable truths for those who have suffered terrible abuse in its many forms that there is yet true dignity for the present and hope for the future.

great book

Not for the faint of heart. If you really want to dig deep and find God in your disappointments, this is the author and book to get you well on your way.

arrived as described

This is a great book for those who have been hurt growing up .This can help you to get past it .I would recomend this book to any one who is trying to move on in life and feels like they are being held back .

I've always liked Dan Allenders' style of, and the topics of his writings. His books have helped me understand myself and others better and how to deal with my past. They are filled with supporting scripture. Bottom line: they helped me to help my family.

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