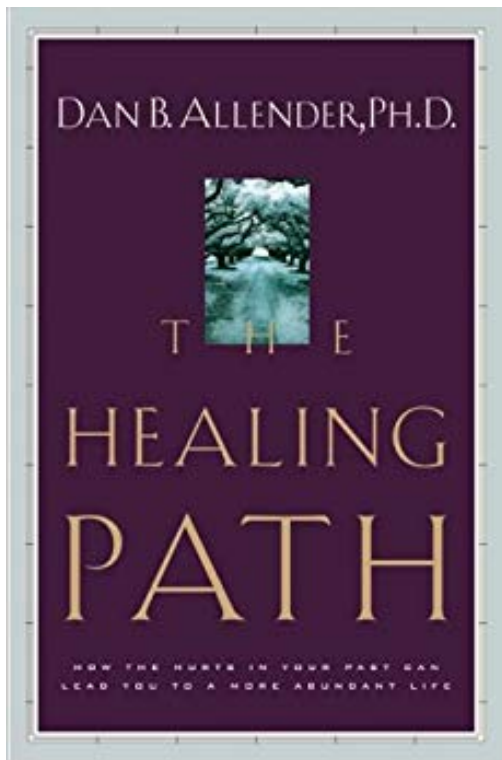


The Healing Path: How the Hurts in Your Past Can Lead You to a More Abundant Life *by* Dan B. Allender



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ISBN: 1578561094

ISBN13: 978-1578561094

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Book title: The Healing Path: How the Hurts in Your Past Can Lead You to a More Abundant Life

Pages: 272

Publisher: WaterBrook Press; 1 edition (February 16, 1999)

Language: English

Category: Christian Living

Size PDF version: 1595 kb

Size ePUB version: 1536 kb

Size FB2 version: 1314 kb

Other formats: lit azw rtf docx

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 "get over it?" Should we let it "make us stronger?" 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 the joy of life. 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. We don't have to be held captive by the hurts of our past. We can move from feelings of powerlessness, betrayal, and ambivalence into faith, hope and love. *The Healing Path* takes us beyond self-discovery to God-discovery, giving us the tools to excavate the riches that lay beneath the surface of our pain. If you're ready to use the experiences of the past and present to shape a future characterized by love, service, and joy, now is the time to step out onto *The Healing Path*.



Reviews of the **The Healing Path: How the Hurts in Your Past Can Lead You to a More Abundant Life** by Dan B. Allender

Frostdefender

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.

Qane

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!

Gosar

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.

GWEZJ

Dan has a unique take on emotional health and healing. It takes slow reading, and re-reading because it just keeps getting richer. My daughters and I bought the workbook and are discussing it together.

mIni-Like

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.

Felhalar

If you have lived through broken relationships in your past, and want to move away from letting them control you to finding the freedom to heal and move on with your life, this book may help you a lot. It won't solve your pain, no book can do that in and of itself.

But there is a lot of exploration in this book about how pain from long ago can keep you trapped and afraid, and inhibit your ability to genuinely love others and have community with others and connectedness in your life.

The author is conversational and approachable, and gentle with extremely sensitive topics such as sexual abuse in childhood. Even if you were not a victim of sexual abuse, this book can still teach you a lot about healing from different kinds of things that cause lasting damage and legitimate, desperate pain to a human soul.

Damand

In good condition

Thank you

Good read

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