

Healing for Damaged Emotions, 2010, 144 pages, David A. Seamands, 1434703223,  
9781434703224, David C Cook, 2010

Whether through our own fallen temperament, willful disobedience, or as victims of the hurtful actions of others, many of us struggle with crippling emotions, among them perfectionism, depression, and low self-worth. The pain of such emotions is often present with us even though the incidents and relationships that caused the hurt may be long past. Healing for Damaged Emotions, first published in 1981 and since translated into over 15 languages, has helped over a million readers worldwide deal honestly and successfully with their inner hurts. Through the realistic, scriptural approach that Dr. David Seamands brings to this deeply personal subject, you too can find healing--and then become an agent of healing for other strugglers.

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