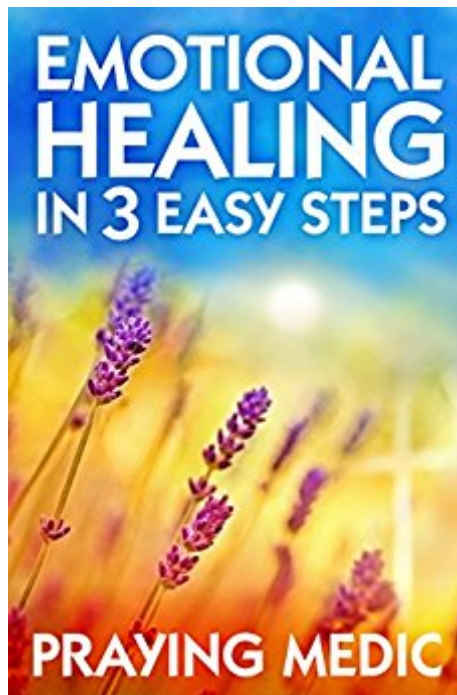




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# Emotional Healing In 3 Easy Steps



## Synopsis

If you've been through counseling, prayer, or deliverance, but you're still plagued with painful emotions like shame, guilt, fear or anger, this book can help you get free of those emotions once and for all. This isn't another nice-sounding, but powerless self-help book. It's not filled with pop-psychology. It's a field-tested method of erasing traumatic wounds in your soul and releasing the painful emotions associated with them. And it doesn't require long hours of prayer or counseling. You can do it yourself and it will only take a few minutes. If you're ready to ditch your emotional baggage, put your past behind you, and get off the emotional roller-coaster you've been riding, you're just 30 minutes away from a new you. Are you ready?

## Book Information

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## Customer Reviews

I love to pray for people, and see results! So, I picked this up to help me pray for others, as well as myself. This little book has a very simple but effective prayer for those dealing with any type of trauma. Can it really be that easy? Yes, it can. You may have to pray this over several different

areas of trauma or wounds that have happened to you, but is it easy? Yes, it is. Pick it up for yourself and a friend. And when it has a print version, buy several of those and give them out as gifts.

The genius of the Praying Medic is his simplicity. This book does not disappoint. As a practitioner, I think most of the time things are over complicated for "job security" but I think everything in the Christian life should be easy and replicable. Praying Medic does not disappoint. You want hard and complicated read the plethora of our books on emotional/inner healing - you want Jesus - read this.

Praying Medic has a gentle spirit and a gift of writing down the process of getting your emotions healed in a simple and understandable manner. The steps outlined in this book will work every time because God is faithful and good all the time. This is a tool that is so simple that many would overlook because they just wouldn't think about it. Once you see the steps, you think,; "of course why didn't I think of doing that?" There are many people who have need of more in-depth process and the author acknowledges that but this is a simple quick read, well worth the little time spent for a tool one can use for a lifetime.

The book describes a quick and easy approach to emotional healing that works. Put it in practice and receive healing from your past and allow God to use you to heal others.

Not at all a joke - it really is as easy as it sounds. Quick, easy read, but perfect when feeling like you keep hitting the same wall. I found this author through some friends of mine and decided it was worth risking a dollar and an hour. I've gone through some of the inner healing approaches he references, but this was by far the most efficient and with beautiful results. I immediately felt reconnected to God in ways I hadn't for years, and I am so excited to see new, good fruit in place of the bad. One thing to consider: be confident you can hear God's voice as you read. During my first go at this approach, I thought I needed healing for one particular event, but God reminded me of an earlier one that I hadn't thought of in years and set the precedent. He also spoke about how those negative emotions affected my relationship with Him, encouraging me to distrust Him, so we addressed that together, too. Thank you, PM, for making this so accessible!

This book is just the way I envision Jesus teaching. No hype involved, just very clear instructions that anyone can do for them self or for others. Other books have way too much going on in them, but the instructions given for healing soul wounds is so easy to learn and makes it possible to help

others as well. This is the third book that I have bought from Praying Medic and I have not been disappointed with any of them.

Praying Medic does it again! He delivers the goods he promised. Without the circus fluff of most inner healing books, he has broken it down into 3 easy steps. They are truly easy and best of all - they work. Exactly what we need and want. The older I get the larger the load of emotional wounds I wear. In order to remain productive and creative, that load must be resolved. Psychiatry doesn't have the answer. They study the damage and give it greater prominence, then mask it with drugs, thereby reducing our ability to use our talents and gifts even more. The answer is Jesus, and His love is never complicated. The book is small enough and cheap enough to share with everyone. And everyone needs it because no one has escaped the damage of emotional wounds. Thank you, Praying Medic for sharing this simple and beautifully freeing knowledge.

I have read this and again, The Praying Medic, writes in such a way that, it is easy to understand and, clearly helps you work through the wounding that has occurred in life. I recommend this book to get release from the areas of wounds that seem to linger, even though you don't want them too! Even those that have kept you bound. It came quickly on my kindle.

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