

The Healing Choice Your Guide To Emotional Recover

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Peace After Abortion - Ava Torre-Bueno 1997-01-01

Should I Stay or Should I Go? - Lundy Bancroft 2011-11-01

From the bestselling author of *Why Does He Do That?* comes a relationship book that will help you make the decision of whether or not your troubled relationship is worth saving. Every relationship has problems, but you can't figure out if yours is beyond hope. How bad is too bad—and can your partner really change? Now, in this warm, supportive, and straightforward guide, Lundy Bancroft and women's advocate JAC Patrissi offer a way for you to practically and realistically take stock of your relationship and move forward. If you're involved in a chronically frustrating or unfulfilling relationship, the advice and exercises in this book will help you learn to:

- Tell the difference between a healthy—yet difficult—relationship and one that is really not working
- Recognize the signs that your partner has serious problems
- Stop waiting to see what will happen—and make your own growth the top priority
- Design a clear plan of action for you and your partner
- Navigate the waters of a relationship that's improving
- Prepare for life without your partner, even as you keep trying to make life work with them

Healing Is the New High - Vex King 2021-04-13

Achieve genuine inner healing, let go of past trauma and find clarity, resilience and freedom with #1 Sunday Times bestselling author Vex King. Vex King developed inner healing techniques to help him find freedom from his troubled past and heal his emotional pain and trauma. Since then he's helped hundreds of thousands of people to move forward on their own healing journey. In this book, Vex provides an experience of healing through the layers of the self using yogic principles and unique practices. These techniques are simple, accessible and have the power to produce exceptional results. They include:

- Working with your body's energy
- Exploring and raising your inner vibration
- Creating positive relationships
- Exploring your personal history and rewriting limiting beliefs
- Uncovering your true self and reigniting your fire

Taking charge of your inner healing is one of the greatest acts of self-love. By committing to this process and raising your vibration - the energy that courses through you and you radiate out into the world - you'll create space to welcome more joyful experiences into your life.

The Black Girl's Guide to Healing Emotional Wounds - Nijama Smalls 2020-02-23

"I wish my father had been present in my life, so I would not have accepted a lot of crap from men." "Growing up, I didn't feel loved by my mother which caused..." "It is hard to find and maintain a solid group of trustworthy girlfriends to do life with." "I was devastated by a previous lover and that hurt changed me for the worse." "I often don't feel loved." "I'm not happy with how my life turned out." If you have ever said any of the above, then this book is for you! This means there may be emotional wounds that are stopping you from living your best life. Disappointments, rejection, competition, overthinking, and family secrets are some of the emotional wounds that cause inner chaos and damage our sense of self. As black girls, we suffer differently, and our history is complex. Nijama Smalls is all too familiar with the suffering of black girls and shares her personal journey of uncovering the origin of Black girl trauma while also addressing the ongoing process of healing and recovery from wounds caused by past hurts. The beauty of this book is that it provides a prescription for healing in the form of a soul-cleansing process. Enter this journey so that you can be set free to live the life God has planned for you. Sis, it's time to heal and end the suffering.

Healing the Soul of a Woman - Joyce Meyer 2018-09-11

Internationally renowned Bible teacher Joyce Meyer draws on her own history of abuse to show women how Christ's redeeming love heals emotional wounds and brings joy to life. Can a woman who has been deeply hurt by life's circumstances be healed, heart and soul? If she has been wounded by a man she loved and trusted, can she love and trust again? As a woman who endured years of abuse, abandonment, and betrayal by those closest to her, Joyce Meyer can answer with a resounding "yes!" Meyer's positivity comes from living her own journey, and from seeing so many women who don't believe they can fully overcome their pain--or even know where to begin--find the guidance they need in the life-changing wisdom of the Bible. Meyer's bestseller *Beauty for Ashes* told of her personal story of healing. Now, with the passage of more time, *HEALING THE SOUL OF A WOMAN* delves deeper into Joyce's story and the journey of healing for all women. Each chapter guides you through whatever obstacles may be holding you back to find your true destiny as God's beloved. God can heal all pain, and He wants to do this in you. Let *HEALING THE SOUL OF A WOMAN* be the first step toward the wonderful, joyful future God intends for you.

Heartbreak Therapy - D. Foy Hutchins 2015-12-02

In his first book, Pastor D. Foy Hutchins candidly shares his journey of emotional healing after a season of loss, pain, and disappointment. Once happily married and budding in ministry, Hutchins found his world caving in when he seemed to have lost it all. After a heartbreaking divorce and devastating church failures, he found the inner strength to rebound and recover. *Heartbreak Therapy* is designed to help you rediscover the possibilities that seem so bleak. As you read, you will find that emotional healing is possible and you can recover.

C.P.R. ~ Choice Processing and Resolution - Trudy Johnson MA,LMFT,CSPML 2009-08

Here are some things you will learn about your voluntary pregnancy termination :Why is a grief situation?What is disenfranchised grief?How can I share my deep dark secret in safety?How to identify emotions that relate to a choice decision.How do I tell my story safely?How to resolve special situations like cases of rape or adverse pregnancy diagnosis.How to process multiple choice decisions. Bravo! Ive long known about the need for grieving vpt. Dr. Christiane Northrup, M.D.Author of *Womens Bodies, Womens Wisdom* <http://www.missingpieces.org>

Forbidden Grief - Theresa Karminski Burke 2002

Dr. Burke exposes the obstacles in the way of post-abortion healing, reviews the full range and depth of post-abortion adjustment problems and how to resolve them.

Healing through the Dark Emotions - Miriam Greenspan 2004-05-11

"We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of "negative" emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst feelings. Seasoned psychotherapist Miriam Greenspan argues that it's the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world.

Her Choice to Heal - Sydna Masse 1998

Written by two women who have experienced abortion, this book helps women identify the characteristics of post-abortion syndrome as they find emotional and spiritual healing.

Saveone - Sheila Harper 2008-06

SaveOne is for girls and women seeking deliverance from the pain and guilt of an abortion. This is a guide as well as a workbook, researched and written by a woman who had an abortion when she was a teenager. For seven years, Sheila Harper carried with her the shame and humiliation of her abortion, only to find deliverance through God's abundant grace. This book is a revealing look at post-abortion pain and guilt, emotions that have been left unchecked, out of control, for months, perhaps years. Let SaveOne help you pinpoint those debilitating emotions and guide you toward God's grace and His renewal of your mind. Step by step, this guide shows you how to rely on your Creator for the courage to deal with the past, while answering questions such as: Is there life after abortion? Why am I an emotional wreck? Can I really overcome guilt and be set free? Does God really care about me?

Life After Abortion - Mrs Ann Taylor 2016-09-10

We all make choices every day; some good, some not so good, and some that bring us lasting regret. To so many, abortion is one of those choices. The consequences of that choice can hold us in a bondage of pain for many years to come. Many stay hidden behind a veil of shame and regret, trapped in their fear of being misunderstood and judged. God's heart aches for these women. His passion, as well as mine, is to bring peace to those who ones desperately need it, and to shine a light upon a pathway that will lead to forgiveness and healing to those who wish to take it. 'Life After Abortion, contains real life stories of women who found that pathway.

Her Choice to Heal - Sydna Masse 2013-02-25

What do 33% of American women have in common? They've experienced abortion. You might be one of these women. Or maybe it's your friend, sister, coworker, or the woman sitting next to you at church. Regardless, post-abortive women are in pain, and at some point, most will experience post-abortion syndrome (PAS), a form of post traumatic stress disorder. But they may never talk about it. Many are silent because they are filled with shame, grief and guilt, afraid of judgment and condemnation. Few realize that peace is attainable through Christ's mourning process and the knowledge that because of His grace, they will reunite with their lost loved ones in Heaven. Her Choice to Heal is designed to help women find a way to God's healing after this devastating choice. Written by a post-abortive woman, it includes testimonies of strength, healing and hope. Sydna compassionately leads you on the difficult journey through denial, anger, and grief, to forgiveness, redemption, and letting go. Her Choice to Heal offers a roadmap to healing - practical suggestions, resources for help, space to journal, with the encouragement and hope found in Christ alone.

Peanut and the Big Feelings - Jenifer Trivelli 2016-01-14

A guide for parents and professionals who work with children who have stress issues.

Forgiven and Set Free - Linda Cochrane 2015-05-12

Disheartening numbers of women have undergone an abortion--and they need help to heal emotionally and spiritually. This study was developed out of Linda Cochrane's own experience of being freed from the bondage of guilt and grief that followed her abortion. Forgiven and Set Free guides suffering and hurting women to bring their emotional scars from abortion "out of the dark past and into his holy light," where true and lasting healing can take place. Appropriate Scriptures help women deal with issues such as relief, denial, anger, forgiveness, depression, letting go, and acceptance.

The HEALING CHOICE - Dana Dovitch 2013-06-11

Two psychotherapists present a supportive guide to coping with the emotional and psychological aftermath of abortion, offering a step-by-step program that combines information, reassurance, and guidance to help women begin the process of recovery. "This is a book for any women who feels psychological pain from her abortion...this is not a book about judgment, politics, or religion." -from the authors' introduction Few women can walk away from the experience of abortion without some lingering emotional discomfort. Unresolved feelings of guilt, shame, and sadness may not surface until months, often years, after an abortion. We may lead outwardly normal lives, but these emotions can continue to cast a shadow, having a negative impact on personal relationships, coloring our moral or religious beliefs, even causing anxiety when we deal with a planned pregnancy. These feelings, if ignored, can possibly manifest themselves in more troubling ways, resulting in unstable relationships, self-destructive and addictive behaviors,

depression, and low self-esteem. Now, two experienced psychotherapists share their approach to dealing with sensitive and long-overlooked issue of post-abortion pain or trauma. The Healing Choice breaks the silence surrounding a topic often clouded by debate and focuses exclusively on helping women chart a path toward emotional recovery. Through a step-by-step process, complete with self-tests, exercises, and interviews with women who share their own post-abortion experiences, Dr. Candace De Puy and Dr. Dana Dovitch will help you come to terms with your post-abortion emotions and offer support as you begin the process of healing.

Writing as a Way of Healing - Louise Desalvo 2000-03-17

In this inspiring book, based on her twenty years of research, highly acclaimed author and teacher Louise DeSalvo reveals the healing power of writing. DeSalvo shows how anyone can use writing as a way to heal the emotional and physical wounds that are an inevitable part of life. Contrary to what most self-help books claim, just writing won't help you; in fact, there's abundant evidence that the wrong kind of writing can be damaging. DeSalvo's program is based on the best available and most recent scientific studies about the efficacy of using writing as a restorative tool. With insight and wit, she illuminates how writers, from Virginia Woolf to Henry Miller to Audre Lorde to Isabel Allende, have been transformed by the writing process. Writing as a Way of Healing includes valuable advice and practical techniques to guide and inspire both experienced and beginning writers.

You're the Only One I've Told - Meera Shah 2020-09-01

For a long time, when people asked Dr. Meera Shah what she did, she would tell them she was a doctor and leave it at that. But over the last few years, Shah decided it was time to be direct. &"I'm an abortion provider,&" she will now say. And an interesting thing started to happen each time she met someone new. One by one, people would confide—at BBQs, at jury duty, in the middle of the greeting card aisle at Target—that in fact they'd had an abortion themselves. And the refrain was often the same: You're the only one I've told. This book collects those stories as they've been told to Shah to humanize abortion and to combat myths that persist in the discourse that surrounds it. An intentionally wide range of ages, races, socioeconomic factors and experiences, shows that abortion does not happen in a vacuum—it always occurs in a unique context. Today, abortion has become a core political litmus test for party loyalty. A healthcare issue that's so precious and foundational to reproductive, social, and economic freedom for millions of people is exploited by politicians who lack understanding or compassion about the context in which abortion occurs. Stories have power to break down stigmas and help us to empathize with those whose experiences are unlike our own. They can also help us find community and a shared sense of camaraderie over experiences just like ours. You're the Only One I've Told will do both.

Healing Is Remembering Who You Are - Marilyn Gordon 2013-01-16

Healing is Remembering Who You Are is an uplifting book about finding your powerful healing essence within. Practical, inspirational, and easy-to read, you'll find many specific self-healing processes and hypnotherapy techniques. There are fascinating stories and 22 excellent techniques for actual healing experiences, such as healing food and eating problems, abandonment, unworthiness, intimidation, loneliness, sexual abuse, and other challenges of life. Illustrated edition.Reviews" ...a beautiful book...Marilyn Gordon writes of timeless truths...plumbs the depths of your inner being in a way remindful of Gibran. It is for everyone."Ormond McGill"Dean of American Hypnotists"" ...one of the most valuable guides I have read toward the discovery of the authentic self"Dennis Michael HarnessPhD in Counseling Psychology"The key to the deepest level of healing is remembering and experiencing who you really are....Marilyn Gordon's book has revealed this essential truth in a profound way.Gabriel Cousens, MD, Holistic Physician and author of Spiritual Nutrition and the Rainbow Diet and Seven-Fold Peace"Marilyn is a compassionate and skilled hypnotherapist whose gift of touching people's lives comes through beautifully in her book..."Bob Oliver, Certified HypnotherapistMore Than Twenty-two Healing Techniques InsideDiscovering the Problem • Inducing Trance • The Inner Child • Subpersonalities • Seeing Parents as Children • Asking Guidance for Answers • Paying Attention to Body • Paying Attention to Feelings • Communications You Need to Make • Pulling Out Cords • Outgrowing It • Healing with Touch • Healing with Light • Witness Consciousness • Mind-Body Healing • Golden Ball of Light • Trance Rehearsal • Posthypnotic Suggestions • Techniques for Pain • Experiencing Essence...And more inside the book.About

the Newest Revised Edition of the Book This is the revised 2013 edition of an earlier book, released again to share the jewels and gems inside—stories and insights and techniques that would be useful to anyone interested in the profound work of healing your mind, your emotions, and your life.

Where Do Broken Hearts Go? - Jane Abbate 2010

You Can't Change Your Past. You CAN Change Your Future. Whether you are pro-life, pro-choice, or undecided on abortion, one fact is clear: There is a great emotional price paid by virtually all women who have chosen to terminate a pregnancy. Following an abortion there can be a stressful, soul-searching period extending for years or decades. *Where Do Broken Hearts Go?* neither points fingers nor makes judgments. It simply acknowledges reality and counsels women - and men - on how to move forward in their lives with purpose and fulfillment after an abortion. Its approach is built on the foundation that God does not expect us to be perfect - He wants to forgive us and love us as we learn and grow from our experiences. With sensitivity and compassion, author Jane Abbate addresses such issues as how to: * break free from denial and confusion about your past * find relief from toxic guilt and shame * release and replace anger and anxiety with peace and hope * find comfort from hurtful feelings of heartbreak, regret and loneliness * connect profoundly and tangibly to the ultimate source of comfort and joy This is a practical guide to healing on many levels. It is filled with a wealth of usable information from the author's personal, hard-gained experience, plus inspiration from uplifting scriptural passages. It shines a gentle light on the path to reclaiming a life of self-respect, love and happiness. It is a much-needed resource for anyone who has gone through an abortion and for those who love and counsel them.

Surviving Domestic Violence - Danielle F Wozniak 2013-03-18

Overcome violation and build the life you deserve. You're free, strong, and capable. You made the choice to be a survivor and not a victim. But your life from here on out should be about more than just getting by. Written by women who have taken a similar journey, *Surviving Domestic Violence* helps you find your path toward healing, change, and the future you've always wanted. Authors Danielle F. Wozniak and Karen N. Allen have used their vast experience and years of teaching and researching to create a clinically tested program that not only helps you understand the devastating effects of domestic violence, but also leads you through the four stages of recovery. Through a series of meditations, activities, and pieces of inspiration, you will learn to reclaim your personal power, restore your life trajectory, reconnect with your community, and re-envision what lies ahead. With the guidance of this book, you can finally conquer your past and step into a brighter future. Simple, straightforward, and practical, *Surviving Domestic Violence* helps you heal from the violation you have experienced and thrive once again.

Healing from Trauma - Jasmin Cori LPC 2009-04-27

While there are many different approaches to healing trauma, few offer a wide range of perspectives and options. With innovative insight into trauma-related difficulties, Jasmin Lee Cori helps you: Understand trauma and its devastating impacts Identify symptoms of trauma (dissociation, numbing, etc.) and common mental health problems that stem from trauma Manage traumatic reactions and memories Create a more balanced life that supports your recovery Choose appropriate interventions (therapies, self-help groups, medications and alternatives) Recognize how far you've come in your healing and what you need to keep growing Complete with exercises, healing stories, points to remember, and resources, this is a perfect companion for anyone seeking to reclaim their life from the devastating impacts of trauma.

Healing the Shame that Binds You - John Bradshaw 2005-10-15

This classic book, written 17 years ago but still selling more than 13,000 copies every year, has been completely updated and expanded by the author. "I used to drink," writes John Bradshaw, "to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt, the more I felt ashamed." Shame is the motivator behind our toxic behaviors: the compulsion, co-dependency, addiction and drive to superachieve that breaks down the family and destroys personal lives. This book has helped millions identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures.

Emotional Survival for Law Enforcement - Kevin M. Gilmartin 2002-01-01

This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform

idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

Running on Empty - Jonice Webb 2012-10-01

A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. *Running on Empty* will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

Feelings Buried Alive Never Die - Prepress Staff 2014-02-01

Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact listing around 750 labels for feelings, Truman helps identify problem areas, and offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. *FEELINGS BURIED ALIVE NEVER DIE* combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that can stop people from living fully.

Betrayal, Trust and Forgiveness - Beth Hedva 2013-09

In this new, third edition of her award-winning book, *Betrayal, Trust and Forgiveness*, Dr. Beth Hedva combines best-practices in psychology with cross-cultural initiation rites and ancient mystery traditions to provide techniques for life-renewal and healing from betrayal wounds. Whether your lover let you down, your co-worker stabbed you in the back, or your life has been shattered by global events, you can get past the pain of betrayal and build a new life based on truth and Self-trust. Includes practical, step-by-step exercises to help readers apply Dr. Hedva's unique approach to turning challenges into positive growth experiences.

God's Mercy Awaits You - Patricia Marie Barnette 2020-01-20

God's Mercy Awaits You: Find Healing After Abortion Many women who experience post-abortion trauma and guilt feel doomed to suffer in silence. In *God's Mercy Awaits You*, experienced pro-life counselor Sr. Patricia Marie Barnette accompanies women on a journey out of the darkness of shame and regret and into the light of God's forgiveness and mercy. Sr. Barnette is as empathetic as she is knowledgeable, and she approaches this difficult topic with compassion and sensitivity. The book is also highly practical, filled with prayers, advice, and web and print resources that consider the issue from every perspective. If you or someone you know is living in pain caused by an abortion, *God's Mercy Awaits You* is an invaluable resource to begin the process of healing.

Recovering from the Affair - Lee Baucom 2017-06-08

Infidelity does not have to be the end of your marriage. Your marriage can recover and thrive after an affair. But only when you get to the roots of the problem, solve the issues, rebuild trust, and learn to move forward. Unfortunately, many marriages end needlessly after infidelity. Often, this is a result of not knowing there is another option. This is complicated by not having access to tools and understanding that can heal a marriage. In fact, those tools can help a marriage move toward greater health than was there before the affair. Dr. Lee Baucom provides a roadmap for dealing with physical or emotional infidelity. His book can provide guidance on how to confront an affair, how to understand the reasons behind the affair, and how to move forward through a healing process. His approach gives resources to both the person who had the affair and the spouse. Additionally, Dr. Baucom provides a special Question and Answer bonus to readers that covers common questions from other readers. Your marriage CAN survive an affair. In fact, it can be stronger than before the infidelity. You just need the tools and guidance to get there. Find those tools in this book.

A Season to Heal - Luci Freed 1996

This is a book for women who struggle to come to grips with the lingering emotional pain of an abortion. It assures readers that their pain is a valid, natural response to abortion, that they can find relief from it, and

that healing is a realistic hope.

Healing Your Inner Child and Yourself for Life - Veronica Bond 2015-06-21

Pick This Little Booklet Up and You'll Never Put Yourself Down Again! Learn the Most Effective Way to Heal Your Inner Child and Reconnect With Your TRUE Self Today! Do you suffer from emotional pain? Perhaps you feel wounded deep inside? Isolated, like no one understands how much you suffer? Inside You'll Learn: * How to find the lost inner child within * How to heal your emotional pain and suffering * Key steps in recovering and healing your self-esteem * How to avoid being a co-dependent * The most effective approach to journaling * And much more! Healing Your Inner Child and Yourself For Life is a cut-to-the-chase, practical guide—the perfect choice for anyone who suffers severe emotional pain and feels all alone. Hopelessness and despair no longer have to be your heart's dwelling place! Start the healing journey for reclaiming your state of natural happiness and joyful living!!

Healing the Hurts of Your Past - F. Remy Diederich 2011-11

Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, Healing the Hurts of Your Past is a powerful first step to freedom.

Women's Health After Abortion - Elizabeth Ring-Cassidy 2002

A compelling account of the research on post-abortion difficulties, both short-term and long-term. Although the authors often touch upon technical matters, they write with a humanity and clarity that makes their conclusions readily accessible to the general reader.

Life's Healing Choices - John Baker 2013-04-02

A guide based on the Beatitudes of Jesus identifies eight choice-based strategies for healing and promoting personal happiness, in a resource that shares inspirational stories about people who have overcome the pain of past difficulties through their faith. 65,000 first printing.

[The Astonishing Power of Emotions](#) - Abraham (Spirit) 2007

Abraham, channeled through Esther Hicks, explains how to understand emotions and follow the life-affirming guidance that they provide, in a book that discusses how to deal with thirty-three specific situations.

[Your Guide to Forest Bathing \(Expanded Edition\)](#) - M. Amos Clifford 2021-08-01

The bestselling guide to forest bathing with a new section of hands-on forest bathing practices and space for journal entries and reflections. Simply being present in the natural world, with all of our senses fully alive, can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is "forest bathing," a practice inspired by the Japanese tradition of shinrin-yoku. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world. In Your Guide to Forest Bathing, you'll discover a path that you can use to begin a practice of your own that includes specific activities presented by Amos Clifford, one of the world's most experienced forest bathing experts. Whether you're in a forest or woodland, public park, or just your own backyard, this book will be your personal guide as you explore the natural world in a way you may have never thought possible.

[You're Not Alone](#) - Jennifer O'Neill 2005

Whether you're pro-life or pro-choice, you probably agree on one thing: abortion hurts women, both mentally and physically. Unfortunately, both sides are guilty of ignoring the individual in favor of the higher

moral ground. No more. This book is designed to help people heal from their abortions on an individual level, and to finally be able to put guilt, shame, fear, doubt and other negative feelings behind them forever. Jennifer O'Neill's approach to healing is Christ-centered, showing post-abortive women that God still loves them, and that they should therefore love themselves. She should know—she felt guilt and shame over her own abortion for years. And she is not alone in that pain. This book: presents the symptoms of post-abortion syndrome (experienced by 80 percent of post-abortive women) incorporates a step-by-step, faith-based process for healing that incorporates Scripture provides true stories of women and men who have struggled with the affects of abortion includes resources for help and support Not just for the woman herself, this book is the perfect comfort and guide for people with friends, daughters or loved ones struggling with the after-effects of abortion, whether recent or long in the past. Key Features Focuses on personal stories of healing from more than 25 women, including Jennifer O'Neill herself. Takes women through a series of feeling—guilt, shame, honesty and grieving—that ultimately lead to personal and divine forgiveness. The central tenet is that God always loves you, no matter what happens, a message many post-abortive women don't get from their church communities, but which they desperately need.

Healing Is a Choice - Stephen Arterburn 2011-11-07

DO YOU WANT TO GET WELL? The power to heal—physically, mentally, emotionally, spiritually—is in God's hands. But the choice to be healed is yours. Everyone, at some level, needs healing. You may have prayed for healing many times, for many years. Perhaps you have lived with your brokenness so long that you have become accustomed to it. Maybe you wonder just when God is going to take all the hurt away. He can. But you also must choose to let the hurt go and let the healing begin. In this special edition of Healing Is a Choice, author Stephen Arterburn offers a unique combination of book and workbook, outlining ten choices crucial to receiving healing. Embracing these choices means rejecting the lies we often tell ourselves. These are not hoops God requires you to jump through to earn your miracle; they form, instead, the journey He desires for you. He can—and will—walk with you. But you must put one foot in front of the other and choose to let the hurt go and let the healing begin. "His Word affirms that God wants us to experience His healing, but many times we make choices that stand in the way. Healing Is a Choice is a helpful resource that lays out the path of healing God's way." —JACK HAYFORD Founding pastor, The Church on the Way, Van Nuys, CA "When we look back at the past turns and twists in the pathways of our lives, we can see significant choices we made, which helped create the lives we have now. Stephen Arterburn has provided us with a guide for making the right decisions today to provide a redemptive path for tomorrow." —JOHN TOWNSEND Coauthor of the bestseller Boundaries "I am asking you to give up your life as you know it so that you can find the life God has for you. Take hold of your future today and make the choices that will lead to your healing." —STEPHEN ARTERBURN "He heals the brokenhearted and binds up their wounds." —Psalm 147:3

Love and Healing - Russell Clayton 2021-06

Love And Healing is a guidebook intended to relieve emotional suffering. Dr. Clayton introduces "Inner Restorative Healing" as a proven method of accessing and practicing the ancient ways of sensory therapy. The activation of earth's energy and power gets delivered to the emotional self and is intended to ignite a positive shift in your overall wellness. Love And Healing is an inner journey of reprogramming your subconscious and harnessing the healing power of love. Love is changeable, it's the most powerful agent of change in existence. These cultivated selections of self-healing methods assist you into alignment with your higher self, deepen your connection to your sacred heart, improve your ability to deliberately manifest, and help hardwire your access to the greater you. The methods you'll be learning come from a combination of ancient healing techniques, philosophies, exercises, and New Age wisdom. Use this intuitive guidebook to choose your own combination of healing methods. Start moving through life in a bold new way!

The Emotionally Absent Mother, Updated and Expanded Second Edition - Jasmin Lee Cori 2017-04-18

The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting,

harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or

hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)