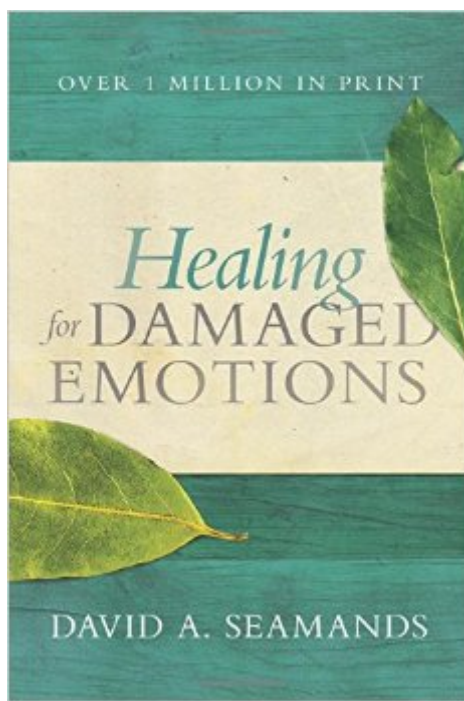


The book was found

# Healing For Damaged Emotions



## Synopsis

Events in our lives, both good and bad, form rings in us like the rings in a tree. Each ring records memories that affect our feelings, our relationships, and our thoughts about God. In this classic work, David Seamands encourages us to live compassionately with ourselves as we allow the Holy Spirit to heal our past. As he helps us name hurdles in our lives—such as guilt, poor self-worth, and perfectionism—he shows us how we can find freedom from our pain and enjoy the abundant life God wants for us.

## Book Information

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Best Sellers Rank: #14,035 in Books (See Top 100 in Books) #11 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #36 in [Books > Self-Help > Emotions](#) #61 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

## Customer Reviews

This book has become a classic, and with good reason. Some books on emotional struggles are written as if we human beings do not have a spiritual side. Other books are written as if the proper prescription for all emotional struggles is, "Take two Bible verses and call me in the morning." Some are written from such a deep clinical perspective that they are actually worse than useless to the layperson. This book is not like that. If you, or someone you know, struggles with depression, this book is worth considering. If you, or someone you know, holds onto pains from the past and nurses them to the point of ill-health, this book is worth considering. If you are a professional counselor and don't have much experience with "Christian counseling", this book is worth considering. If you are a pastor or other religious professional, but don't have much experience with counseling from a clinical perspective, this book is worth considering. Actually, this book is so well written, that if you are breathing and have the ability to read this review, this book is worth considering. It should be in every personal library. You never know when you will be confronted with someone who needs your

friendship and care.

The way I came about this book was my church home pastor is doing a bible study series based on this book. Little did I know that the Lord would use this book (as well as His living Word) to destroy yokes and just annihilate strongholds in my life. Dr. Seamands is straight forward with his language, uses the bible, and also human examples to make his points flesh for the reader. Many times I had to put this book down because it was just so deep and I saw myself in a lot of the pages. As Christians we have been told the false doctrine that if we are depressed or lacking in self-esteem that something is wrong with us and that we are not true Christians. Well this book dispels these myths and outright lies and gives biblical proof that prophets too had emotional crisis at given times. This book gives you simple, helpful and Godly steps to rising above the enemy's tactics to keep you in a pity party with yourself and is not afraid to say to the saints that you can love the Lord with all of your soul and still want to die. It gives a way for us to work out our problems, issues and just gives a lot of insight. This is the book that simply (along with the Word) changed me and my desire to just live life in Christ. What a blessing this book has been to me.

God has used this book to wipe away the confusion and frustration that I have endured over many, many years. This book has given me understanding and God has set me free. I can now forgive others and ESPECIALLY myself! I now know the difference between bad theology and true Christian maturity. If you hate yourself or are muddling through the muck and mire of depression, then let David Seamands show you your TRUE self and the TRUTH about the unconditional love that God has for you.

Seamands has written an excellent book relevant to every Christian and non-Christian, namely, how to be healed from negative emotional wounds. Among the important subjects include: 1. How Satan can tempt us to feel inadequate to the point where we are rendered powerless to be used by God for His glory. 2. Symptoms of perfectionism. 3. Truths and myths of depression. 4. How to deal with depression. 5. Developing your worth from God and not the false assumptions of you or others. 6. Cooperating with the Holy Spirit in our healing. 7. Grace is not only God's undeserved mercy and favor, it cannot be repaid. The author maintains a fine balance between understanding and showing sympathy to what causes damaged emotions and challenging the reader to take responsibility for his own healing in the power of the Holy Spirit. Too many books try to make the reader feel good without taking responsibility, resulting in a fruitless pity party. Read and be encouraged and

challenged to let the healing process begin!

This book is one of the best I have ever read for dealing with all those things we sit in church and PRAY that someone will preach about before we go mad and suffer a nervous breakdown. You know I have always struggled with hormone induced depression since my teens and only now feel free to own who I am and take that to my wonderful Lord, so that he can heal me in a moment by moment walk with him. I did not know so many mighty men of God had suffered from depression..... and I was very touched to read the humanness (emotion) in which they reacted to this problem, and the spiritual solutions they applied. I read with hunger the chapters on depression and those on the Super Me!! I would Looooooooooooove to see this author do something for children as well. Having a son who suffers very heavily under guilt and condemnation as he tries to be Super Him. I am going to read those chapters to him and let the Holy Spirit commence a good work in him.

I have found this book to be informative, eyeopening, and a healer. The part I like the best is when he mentions that your sins is thrown into the Lake where it is forgotten by God and he puts up a sign that says "No Fishing". I can relate. Which is why I call it a true balm in Gilead. Christians need to know that although they are saved by God's grace, they still have some overcoming to do, and it is not impossible to do it.

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