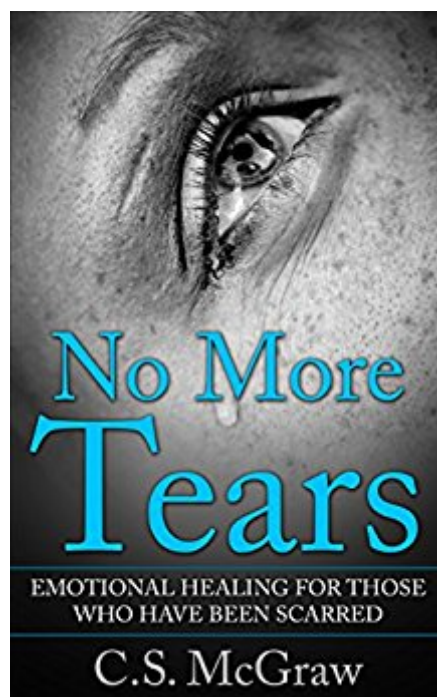


The book was found

No More Tears: Emotional Healing For Those Who Have Been Scarred



Synopsis

Life is not known to be easy. By the end of the day, you are bound to have a few nicks and tears on your ego. Usually, if you scrape your knee or cut your hand, you immediately treat it with first-aid. So why not do that for your emotional wounds, too? Emotional wounds often activate the same pathways in the brain as physical wounds, meaning they cause us just as much real pain as a physical hurt would. Therefore, part of self-care really calls for treatment of all emotional wounds. Many of us fail to treat our emotional wounds, however, because we are afraid to face the pain. Maybe the pain is traumatic, or maybe it is humiliating. We act in denial but this only hurts us more in the end. Unhealed emotional wounds can have a terrible effect on the sanctity of our lives. They can manifest in many ways, from overeating to addiction to relationship issues and low self-esteem. Stop the pain now. You don't need to live this way. You can take control of your life by healing your emotional wounds and ending the pain and the tears. This book is your guide to facing the pain. Why keep crying when you can address your pain and heal it yourself? Healing emotional wounds is not easy, but it is worth it. With the advice in this book, you can easily learn how to heal your wounds, change your thinking, and tackle life with a fresh, healthy mindset.

Book Information

File Size: 1708 KB

Print Length: 86 pages

Simultaneous Device Usage: Unlimited

Publisher: Make Profits Easy LLC (September 6, 2016)

Publication Date: September 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LRAA614

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,527 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mental Illness #50 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling &

Psychology > Mental Health > Sexual Abuse #70 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > General

[Download to continue reading...](#)

No More Tears: Emotional Healing For Those Who Have Been Scarred Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With Emotional Difficulties) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) The Tears Will Cease.: Learning to Live with Dissociative Identity Disorder (The Tears Will Cease Book and Workbook) (Volume 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances Caring for Your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) What Went Wrong?, Fifth Edition: Case Histories of Process Plant Disasters and How They Could Have Been Avoided (Butterworth-Heinemann/ICHEME) I Have Been Talking with Your Doctor: Fifty Doctors Talk about the Healthcare Crisis and the Doctor-Patient Relationship THE OBSTACLE IS YOU: The Manual You Should Have Been Given When You Were Born (How to Love Yourself Book 1) Boundaries Face to Face: How to Have That Difficult Conversation You've Been Avoiding We Are the Ones We Have Been Waiting For: The Promise of Civic Renewal in America What Went Wrong?: Case Histories of Process Plant Disasters and How They Could Have Been Avoided (Butterworth-Heinemann/ICHEME) The Politics of Jesus: Rediscovering the True Revolutionary Nature of Jesus' Teachings and How They Have Been Corrupted Those Who Leave and Those Who Stay: Neapolitan Novels, Book Three Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties What Can I Do?: Ideas to Help Those Who Have Experienced Loss (Lutheran Voices)

[Dmca](#)