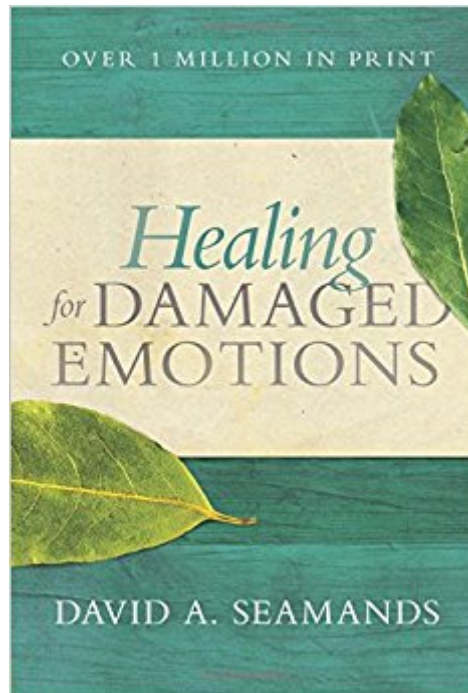




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Healing For Damaged Emotions



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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Customer Reviews

The late David Seamands was a pastor, missionary, and professor emeritus and counselor-in-residence at Asbury Theological Seminary. He authored several books, including *If Only*, *Putting Away Childish Things*, and *Freedom from the Performance Trap*.

It really made me realize that my past feelings of low self esteem and guilt were totally unnecessary and undeserving. I've wasted so many years trying to measure up...always ending up disappointed and depressed. I was terribly critical of myself and others. What a relief it is to finally realize and to understand that I don't have to do this anymore. Even God's love does not have to be earned; it is a gift.. Freely given with absolutely NO STRINGS ATTACHED! I figure if God really loves us that much, who are we to complain about this person he created. Yes, sometimes there are deep emotional scars and pain in our lives that keep us from connecting with God. If all we've been dealt in life is sorrow and pain we can't possibly know God or feel his presence; anger toward God and

others is all we feel. However, at some point in our lives we must forgive those who have wronged us, and forgive ourselves if we had any part in it...only then will we begin to see a brighter future and be open to change. If you are going thru the motions of life but not feeling any joy, I think this book may help you to understand why. At least give it a try...it helped me!

We all know what it takes to survive a storm like a hurricane. Either you hunker down and wait it out or you get as far away from the storm as possible. I've survived hurricanes and also survived many emotional storms. For some reason the emotional storms I've experienced always lasted years while hurricanes only threatened me for a few days. In this book David Seamonds discusses the types of storms that rage within the human soul. He explains depression, low self-esteem and perfectionism and how they can ruin your life. He also gives suggestions for how to effectively heal from the trauma of life. I felt that this book was straight talk for real life issues. Is it really as simple as becoming more grateful for the life we now have? I'd say this is key in overcoming depression for sure. I felt I agreed with most of this book except for the idea that people who have been abused have some responsibility in the matter. I don't think a child can be responsible for being abused. But apart from that this is an excellent book that will spark conversations with those you love. It will help you see situations more clearly and maybe you can give hope to a fellow human.~The Rebecca Review

Excellent book for therapist and non therapist to read to get a more common language to use with other when describing the affects their emotions play in their day to day lives. Easy read and nice flow to the chapters. I would be weary of some of the religious references used throughout the book if you do not belong to the same faith congregation as the author, but with the context I would not find it difficult to find more applicable examples to use.

I found the book to be a quick read with some interesting biblical references. An area that I had some problem with was with the topic of children and the original sin. I recognize the fact that Adam and Eve did commit the original sin; however, saying we are predisposed to sin in childhood is a stretch for me. I have two young children (4 and 2) and I am beginning to see my 4 year old starting to want to not tell the whole story. It is my belief if you haven't studied the bible and haven't become a Disciple of Christ prior to being baptized, how can we say (judge) that children are predisposed to evil. I think of Jesus saying not to hinder the children and let them come to him. I often think children are in a protected category for a time. Another area that I found interesting is the term 'witnessing'. I

am not sure why we, as Christians, use this term, when in fact it is really 'sharing our faith'. Just sounds weird. On the content of the book itself, I found it to be very interesting and the usage of scripture appropriate. I think that there are books out there that deal with more specifics, I believe that the intent is more of an overview and to start you on the path of healing. Once you get beyond the minor issues, I would recommend the book.

The title is in reference to the fact that "Healing Damaged Emotions" was not a book I chose for me, because I thought it was better suited for someone else in my life. Someone close to me. However, as I read it, it is actually penetrating those areas in my heart that are still "in fact" damaged from my own childhood. The author of the book speaks very clearly and honestly and has great word pictures and analogies that speak to my heart directly. As a women's leader myself, I'm able to pass on the concepts as the Holy Spirit works them out in me. Definitely a great read. My only regret is that I didn't buy a hard copy to share with someone. I have it on my Kindle.

Seamand's book offers much needed practical help for anyone wishing to understand the root cause of our infirmities as people, and understand how to find healing - true healing, which is based in the cross of Christ. I found the chapter on healing from depression particularly helpful, and his explanation of Romans 8:23-30, is pure gold.

One of the best books ever. Seamands provides an explanation at a theological level for the factors that cause each of us to have damaged emotions. Once we have a theological understanding, then we have a foundation for the healing to take place. No matter who you are, there is something special for you waiting in the pages of this book! (I also had the opportunity to experience the personal teaching of David Seamands. His grasp of the dynamics of healing is superb.)

If I could use just one word to describe this book, it would be POWERFUL. Anyone who is dealing with or has ever dealt with or needs to deal with emotional baggage should read this book. As I was reading, it felt like the author knew me and some of the things I've dealt with. This book is a good read and I recommend it highly.

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