



# Goodbye, Hurt & Pain: 7 Simple Steps for Health, Love, and Success

*Deborah Sandella PhD RN*

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Emotions are invisible, taken for granted and dismissed much of the time? a paradox given they are some of the most powerful forces on Earth. They inflame wars, induce death, inspire invention, and control stock markets. More important, each of us has them? all the time.

In *Goodbye, Hurt & Pain*, Deborah Sandella uses cutting-edge neuroscience research and her revolutionary Regenerating Images in Memory (RIM) technique to show how blocked feelings prevent us from getting what we want, and she introduces a process that bypasses logic and thinking to activate our own emotional "self-cleaning oven." Using imagination, color, and shape to visualize feelings and get straight to the root of longstanding problems, she teaches us to move destructive feelings such as fear, anger, hurt, resentment, and envy out of the body. Letting go of old feelings and traumatic memory at a deep, cellular level makes people feel and look younger, lighter, more energized, and less burdened. And they can begin to experience results after just one or two self-directed sessions.

*Goodbye, Hurt & Pain* also provides seven organic ways of using your feelings to attract more love, better health, and greater success. The process is fast, fun, and as easy as 1-2-3.

"Wonderful and profound. This book will touch you intimately and probably change your life." -- **Jack Canfield**, from the foreword

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#### **Lisa Lee:**

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