



## Healing for Damaged Emotions Workbook (David Seamands Series)

*David A. Seamands, Beth Funk*

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Past problems can run rings around you.

Have you ever seen a cross section of the rings of a giant sequoia tree? Each ring of the tree reveals its developmental history. For example, one ring might represent a year of terrible drought while another ring shows signs of being struck by lightning. Some rings will probably show normal years of growth, but you may discover that a forest fire almost destroyed the tree.

That's the way our lives are. Just below the protective bark--the concealing, protective mask--are the recorded rings of our lives. In the rings of our thoughts and emotions, memories are recorded that deeply affect our concepts, our rings of our thoughts and emotions, memories are recorded that deeply affect our concepts, our feelings, our relationships. They affect the way we look at life and God, at others and ourselves.

Healing for Damaged Emotions Workbook provides you with the tools to examine the rings of your life and find healing for the painful scars that cripple your emotions. In this Workbook you'll find:

- Entire text of Healing for Damaged Emotions
- Scripture meditation and memorization
- Prayer exercises
- Journaling exercises
- Small Group Guide
- Recovery resources

Healing for Damaged Emotions, first published in 1981 and since translated into 15 languages, has helped hundreds of thousands of readers worldwide deal honestly and successfully with their inner hurts. Through David Seamands' realistic, scriptural approach, you too can find healing and then become an agent of healing for fellow strugglers.

David A. Seamands was writing about Christians in recovery long before recovery terminology was even popular. Former missionary and pastor, he is now Professor of Pastoral Ministries at Asbury Theological Seminary in Wilmore, Kentucky. His other books include Putting Away Childish Things, Healing of Memories, Freedom from the Performance Trap, and Living with Your Dreams (all Victor).

Beth Funk was been involved with recovery groups and small group ministry for four years. She is now Director of Recovery Groups and Singles Ministry at Ocean Hills Community Church in San Juan Capistrano, California.



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