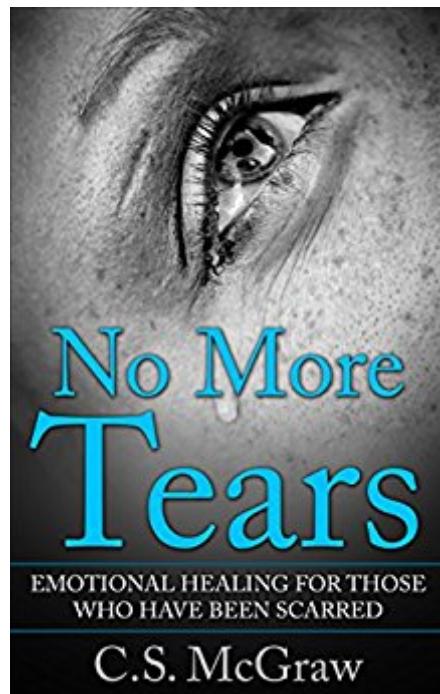


The book was found

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.

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