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# Emotional Healing In 3 Easy Steps



## Synopsis

If you've been through counseling, prayer, or deliverance, but you're still plagued with painful emotions like shame, guilt, fear or anger, this book can help you get free of those emotions once and for all. This isn't another nice-sounding, but powerless self-help book. It's not filled with pop-psychology. It's a field-tested method of erasing traumatic wounds in your soul and releasing the painful emotions associated with them. And it doesn't require long hours of prayer or counseling. You can do it yourself and it will only take a few minutes. If you're ready to ditch your emotional baggage, put your past behind you, and get off the emotional roller-coaster you've been riding, you're just 30 minutes away from a new you. Are you ready?

## Book Information

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## Customer Reviews

The genius of the Praying Medic is his simplicity. This book does not disappoint. As a practitioner, I think most of the time things are over complicated for "job security" but I think everything in the Christian life should be easy and replicable. Praying Medic does not disappoint. You want hard and complicated read the plethora of our books on emotional/inner healing - you want Jesus - read this.

I love to pray for people, and see results! So, I picked this up to help me pray for others, as well as myself. This little book has a very simple but effective prayer for those dealing with any type of trauma. Can it really be that easy? Yes, it can. You may have to pray this over several different areas of trauma or wounds that have happened to you, but is it easy? Yes, it is. Pick it up for yourself and a friend. And when it has a print version, buy several of those and give them out as gifts.

Praying Medic has a gentle spirit and a gift of writing down the process of getting your emotions healed in a simple and understandable manner. The steps outlined in this book will work every time because God is faithful and good all the time. This is a tool that is so simple that many would overlook because they just wouldn't think about it. Once you see the steps, you think,; "of course why didn't I think of doing that?" There are many people who have need of more in-depth process and the author acknowledges that but this is a simple quick read, well worth the little time spent for a tool one can use for a lifetime.

This book is just the way I envision Jesus teaching. No hype involved, just very clear instructions that anyone can do for them self or for others. Other books have way too much going on in them, but the instructions given for healing soul wounds is so easy to learn and makes it possible to help others as well. This is the third book that I have bought from Praying Medic and I have not been disappointed with any of them.

After reading this little book, I thought, "Can emotional healing really be this simple?" The answer is, yes it can, provided you allow the Holy Spirit to lead you through it. In about an hour he took me through my earliest childhood memory, which happened to be quite traumatic. Not only is the pain gone, but now he can build with me on a whole new basis. I expect the fruit to be far-reaching. Thanks, Praying Medic, for writing this book!

All of Praying Medic's books are worth the reading. This method is easy and can be effective in healing of those emotional problems we all seem to carry forward from the past into our present. It discusses an easy to implement process which is not time consuming to begin to heal the scarred past. I highly recommend it. Praying Medic is a gem of a person, a true gift of God to us in these difficult days. God bless the man!

The book describes a quick and easy approach to emotional healing that works. Put it in practice and receive healing from your past and allow God to use you to heal others.

This isn't one of his longer books, but it may be one of his more powerful. Praying Medic offers practical, uncomplicated steps that have helped thousands of people get free from things that have held them back. Good book.

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