



# Healing for Damaged Emotions Workbook

*David A. Seamands*

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## Healing for Damaged Emotions Workbook David A. Seamands

Every experience we have forms a ring of memory in us. Each ring affects our feelings, our relationships, and our understanding of God. But those memories don't have to control us. In this workbook edition of the beloved classic *Healing for Damaged Emotions*, David Seamands helps you move beyond the perfectionism, poor self-esteem, and shame that comes from unresolved pain. Here you'll find:

- The entire text of *Healing for Damaged Emotions*
- Suggestions for Scripture reflection
- Prayer exercises and journaling prompts
- Discussion questions and a guide to group study

Through Seamands's encouraging and practical words, you'll discover that your past doesn't have to hurt your present.

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