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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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**Goodbye hurt and pain 7 simple steps for health love and success and they can begin to experience results after just one or two self directed sessions goodbye hurt amp pain also provides seven anic 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**

In goodbye hurt amp pain deborah sandella phd rn 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. Goodbye hurt amp pain 7 simple steps to health love and success conari press every once in a while you read a book that has a profound personal impact on you this book will do that it is written from the heart in a down to earth way that will touch you intimately and probably change your life. Making the romantic gestures on valentine's day anniversaries and birthdays is easy i.

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**deborah sandella phd rn jack canfield foreword by conari press 9781573246781 288pp publication date september 1 2016**

Goodbye hurt amp pain 7 simple steps for health love and success unlocks the secret of how to overe emotional blocks and live a dynamic life of ever expanding success and happiness if you feel like something is holding you back from achieving greater happiness and success in the present this book will change your life. 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 amp pain deborah sandella uses cutting edge neuroscience research and her revolutionary regenerating images in.

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**In her new book goodbye hurt amp pain 7 simple steps to health love and success dr deborah sandella offers life changing steps to a better life it's a must read sheri fink author of five days at memorial**

The goodbye hurt amp pain 7 simple steps for health love and success is a beautiful book well written and full of help for anyone suffering any pain deborah sandella is the author of this book this book helps you rediscover the true whole.

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