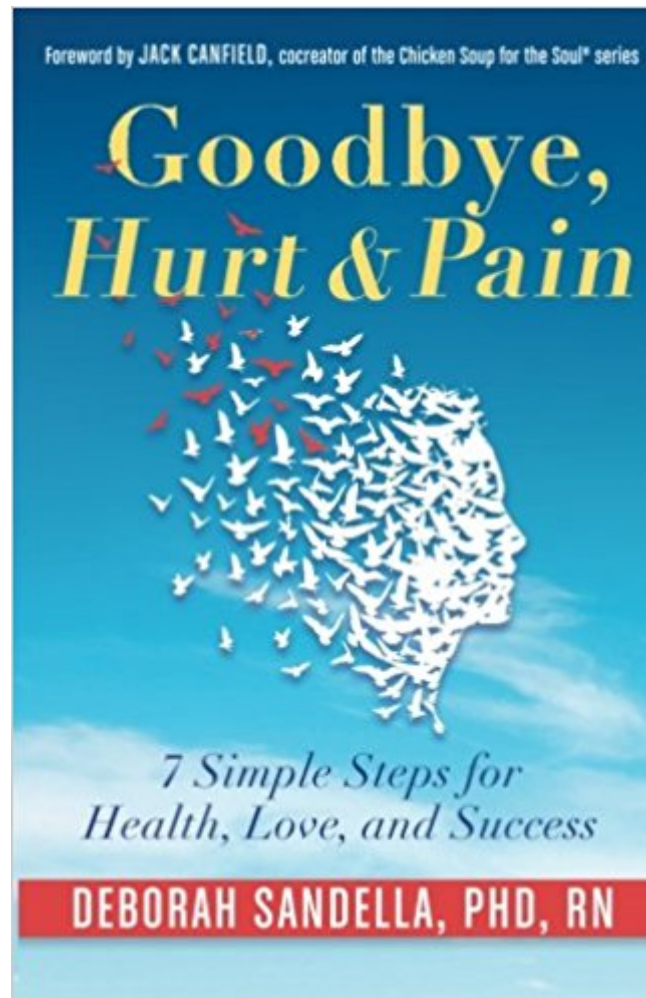




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Goodbye, Hurt & Pain: 7 Simple Steps For Health, Love, And Success



Synopsis

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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Customer Reviews

“Dr. Deborah Sandella in her book *Goodbye Hurt & Pain: Seven Simple Steps to Health, Love, and Success* offers us a user-friendly guide to an easier and less stressful way of living. We all want that! I have learned much from working with Dr. Deb and have used her work in many

settings – even with my corporate clients. This book gives you access to Dr.

Deborah's deep wisdom and is presented like a warm, personal chat that left me feeling excited and inspired. I highly recommend you buy this book and put it into practice right away!

--Pete Winiarski, best-selling author, business transformation expert, and CEO of Win Enterprises, LLC

"Goodbye, Hurt & Pain is a practical, down-to-earth method of realizing the immense potential that lies within everyone."

--Larry Dossey, MD "Goodbye Hurt & Pain: Seven Simple Steps to Health Love and Success makes sense! Dr. Deborah Sandella's

empowering steps to create a healthy flow of feelings is transformative and surprisingly easy and enjoyable. Her proven system for removing unconscious blocks frees us to use conscious desire to attract the life we're meant to live."

--Cathy and Gary Hawk, Award-winning authors of Get Clarity: The Lights-On Guide to Manifesting Success in Life and Work "If you have ever wanted to develop your inner life, hone your intuition or connect with the healer within, Deborah Sandella makes it easy and delightful. Her RIM meditations are a masterful guide that can help uncover the core of peace, creativity, compassion, and delight that resides within you."

--Joan Borysenko, PhD, author of The PlantPlus Diet Solution: Personalized Nutrition for Life and Minding the Body, Mending the Mind "Each generation must rediscover and reframe for itself how

our emotions rule us unless we understand them. Dr. Sandella's practical, good sense does splendidly for a new generation. She shares sound advice and a wealth of experience with real people."

--Robert Freedman MD, Professor of Psychiatry, University of Colorado, and editor of the American Journal of Psychiatry "Who would have thought that emotions have an intelligence and power? Deb Sandella breaks new ground as she explores the underbelly of emotions where grievances, hurts, fears and life shaping experiences create their own unseen operating system. If

one were to actually use Sandella's proven methods to transform past hurts, create magnetizing new memories and use imagination as a tool for powerful emotional reconstruction, a person's life could be revitalized and an extraordinary new sense of personal freedom achieved. For anyone who feels stuck, unfulfilled, or just knows there can be more to life than

you're now experiencing, this is the book can help open an exciting way of experiencing yourself and the world around you. If life is a stage, Deb Sandella would receive a standing ovation for one of the most liberating books of our time. Bravo Dr. Sandella, you haven't been

boring God."

--Jean Houston, Ph.D., Author, Speaker, Philosopher "Deb Sandella's Goodbye, Hurt and Pain, is impossible to put down. Like a compelling mystery novel, Sandella introduces clues that unlock the mysteries of our emotions that impact our perception and response to life. It's no surprise that she developed a well-tested process for turning around past

emotional experiences that clog the wheels of our relationships, aspirations, finances and personal success. Goodbye, Hurt and Pain is a necessary handbook for anyone who would like to hit the reset button on your life. Abuse, illness, fear, low self-esteem, personal traumas, failed relationships, career stagnation, and untimely losses no longer need to define your life. Sandella interweaves the best of neuroscience, psychology, and her own experience in a fascinating book of emotional discovery. Thanks to this brilliant book, your regenerated self can rise above the ashes of the past into a world of hope and new possibilities." --Constance Buffalo, President, Renaissance Project, Intl. "This book has the potential to change your life in amazing ways. Goodbye Hurt & Pain: Seven Simple Steps to Health Love and Success is a user-friendly guide to better moods, relationships, and results. Dive in and enjoy the transformation!" --Ellen Rogin, CPA, CFP(r), co-author of the New York Times bestseller Picture Your Prosperity

“If you want to live the most inspired life possible, you will need to deal with your amazing emotions. And Deb Sandella provides a groundbreaking, magical, and credible approach to instantaneously shifting our feelings. Mark this day--because this is a powerful process you’re going to use again and again.” --Tama Kieves, USA Today featured visionary career catalyst and best-selling author of A Year without Fear: 365 Days of Magnificence (Tarcher/Penguin)

www.TamaKieves.com “Dr. Deb shares a new technique that transforms anxiety, worry, and fear into confidence, joy, and success. Goodbye Hurt and Pain is filled with exercises and inspiring examples that give us a fresh and profound approach to creating health, love, and fulfillment that is nothing short of miraculous. Highly recommended!” --Peggy Cappy, creator of Yoga for the Rest of Us as seen on public TV

“This is so much more than a book! It’s an insightful guide to experiencing greater freedom, ease, and success. I’ve had profound experiences with RIM and this book exceeded my expectations. Get a copy for yourself and someone you love. You’ll be glad you did!” --Marilyn Suttle, author of Who’s Your Gladys?: How to Turn Even Your Most Difficult Customer Into Your Biggest Fan

“Ground breaking and innovative, best-selling author Dr. Deborah Sandella provides a sacred road map to bypass logic and get to the heart of lingering pain. Using leading-edge research and techniques to shift your body’s experience, you’ll ultimately transcend even the most painful experiences and discover your innate ability to forgive and love. I highly recommend.” --Dr. Shawne Duperon, 6-Time EMMY Winner, Project: Forgive Founder

“With her book, Goodbye Hurt & Pain: 7 Simple Steps to Health, Love and Success, Dr. Deborah Sandella makes the case for how we can rapidly activate deep, lasting healing. I recommend it.” --Barnet Bain, director Milton’s Secret, producer What Dreams May Come, author The Book of Doing and

Being: Rediscovering Creativity in Life, Love and Work" In her new book Goodbye Hurt & 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, inspirational speaker and author "Dr. Deborah Sandella is changing the way we perceive our emotional selves. Her book Goodbye Hurt & Pain: Seven Simple Steps to Health, Love and Success shows us that we have a smart emotional operating system with greater resourcefulness and adaptability than we've ever thought. This book is uplifting and inspiring." -- Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason "Dr. Deborah has found a way to share information on techniques for transforming challenging emotions into life affirming expression. Take a dive into this work, commit to your growth and then expect miracles." -- Cynthia James, International author/teacher and author of I Choose Me: The Art of Being a Phenomenally Successful Woman at Home and at Work "What Steven Covey is to living a highly successful life, Dr. Deb is to Health, Love and Success. Goodbye Hurt & Pain: Seven Simple Steps to Health Love and Success offers a brilliant combination of engaging reading with understandable neuroscience." --Teresa de Grosbois, #1 International Best-selling author of Mass Influence

Dr. Deborah Sandella has been helping thousands of people find themselves for 40 years as an award-winning psychotherapist, university professor, and originator of the groundbreaking RIM Method. She has been acknowledged with numerous professional awards including Outstanding Clinical Specialist, Research Excellence, and an EVVY Best Personal Growth Book Award. She is the co-author with Jack Canfield of Awakening Power.

I like the book because it clears myths about feelings that have been fostered by our culture. Deborah describes feelings as being fleeting and temporary; they are not permanent. They are neither good or bad but are guides to our inner discoveries about ourselves. Our feelings do not define us they are simply guides to be learned from and respected. I also like this way of thinking because it is hopeful, positive, and espouses the belief that people are inherently whole and that within this wholeness is an inherent operating system which is a very reliable system capable of processing life's experiences of pain and doubt more quickly and effectively than we previously thought. RIM works on the principle that you have an emotional operating system that organically knows how to deepen positive feelings and dissolve painful ones. This process is client generated and guided by inner sensation and imagination, not a psychotherapist. Thus it is the nature of the unconscious that it has a mind of its own and Deborah Sandella provides us with ways

to understand the inner code as well as our inner selves in healthy productive ways. Turning away from the view that painful experiences and feelings fracture or permanently damage people, RIM introduces a novel view that people are whole and capable of knowing what they need; there is hope and anything is possible. She offers many practice activities to teach people to better access their feelings, define their feelings and to use them in productive ways. Basically she offers seven simple steps for health love and success in addition to many many exercises people can use to improve their quality of life. This book is clearly a profound gift to the human race!

An excellent guide for the person who is ready to let go of hurt and pain. Solid information that I was able to put to use after reading it the second time. As with any personal development book, I read it the first time to get familiar with the content and then I go back and study it. Each chapter ends with an exercise to walk you through the process. Each exercise is simple and for me, I was able to begin letting go of some emotional pain pretty quickly. Of course, I was ready and I was seeking relief, but I was also willing to do a bit of work. My transformational moment came when I was able to figure out where my lack of confidence came from. By the time I finished Chapter 7 I felt free from the hurt of a situation from many years ago and now feel confident and strong. I know, it sounds simple - well, it is. Because this book walks you through the process.

Goodbye, Hurt & Pain 7 Simple Steps for Health, Love, and Success is a ground-breaking book with clearly written explanations, lots of interesting case histories, and insightful discussion of the neuroscience behind the techniques. By giving voice to the emotions stored in the body, the reader can dissolve the emotional blocks that keep our emotions from flowing. With new-found flow of emotion, the reader awakens to more love, peace, and beauty that connects all of us with one another and is our true nature. I achieved certification in these techniques (the RIM method) with Dr. Deb Sandella in 2014 and enjoy using the techniques with others, myself, and in educational settings. It is a pleasure to read.

Goodbye, Hurt & Pain by Dr. Deb Sandella is excellent!! Dr. Deb has done a fantastic job sharing difficult topics and conversations in a way that makes it easy and real for you, the reader, to get to know Dr. Deb as a genuine, caring, and helpful person that has handled these situations with her clients for years. I love Dr. Deb's personal story right at the beginning of the book. When I read it, I was hooked and totally bought into the possibilities that she discusses throughout the book about what you can achieve when you pay closer attention to and when you recognize the

power of your mind. I am familiar with Dr. Deb Sandella's RIM methodology: she has taught it to me and I have experienced it with her multiple times. Her book does a superb job of demonstrating the process and its benefits, which will normally be difficult without experiencing it first hand. Excellent Job!!!

Deb Sandella's book is an amazing gift for parents who have a child with an ASD! Over 25 years of research has demonstrated that parents of children with ASD experience more stress than parents of children diagnosed with all other developmental disorders combined. To help you to deeply know that you are the best expert about what will help your individual child reach toward a brighter future, it's so important that you feel empowered. Your own stress, anxiety, worry, etc. prevents you from recognizing the possibilities that can move your child forward in any moment. Deb helps you to find ways that work for you to release your stress-filled feelings, so that you can comfortably offer your love--and your best--for your child with an ASD, your family, and yourself!

Dr Sandella has turned the psychological/emotional world upside down. In this amazing book, she shows how painful feelings are not to be feared, but rather to be felt allowed to "pass through us organically like water flows in a river." Having taken her course, I can attest to the fact that her wonderful technique, RIM, facilitates removing blocks to happiness and success quickly and effectively. Read this book experience the shift for yourself!

If you desire to live a life aligned with your joys, yet experience challenges along the way, this book offers insights, strategies and examples that will help you free the limiting beliefs, transform the challenges and awaken new ideas within you. As a certified RIM facilitator, my clients have strengthened their dreams, healed physical pain, released the past and designed a new way to live. This book invites you to discover ways to have a new relationship with yourself and the events in your life. I highly recommend it for individuals, counselors, health practitioners and psychologists. The techniques work! Dr. Sandella's methodologies transform lives!

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pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) Volleyball: Steps to Success (Steps to Success Activity Series) Rugby: Steps to Success - 2nd Edition (Steps to Success Activity Series) Weight Training-4th Edition: Steps to Success (Steps to Success Activity Series) Racquetball: Steps to Success (Steps to Success Sports Series) Softball: Steps to Success, Third Edition (Steps to Success Sports Series) Social Dance: Steps to Success (Steps to Success Activity Series) Social Dance: Steps to Success, 2nd Edition (Steps to Success) Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series) Curling: Steps to Success (Steps to Success Activity Series) Advanced Golf: Steps to Success (Steps to Success Activity Series) Archery 4th Edition: Steps to Success (Steps to Success Sports) Bowling: Steps to Success (Steps to Success Sports Series) Fencing: Steps to Success (Steps to Success Activity)

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