

[EPUB] Healing From The Heart A Practical Guide To Creating Excellent Experiences For Patients And Their Families

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Healing from the Heart-Judith Stay Moore 2001-11 2nd Edition. Healing from the Heart takes the reader through the fictional story of Anne, a chronically ill woman, who serendipidously meets a caring healer, Grandmother, who takes Anne through the steps of the mind/body/spirit connection. She illustrates these principles with simple storytelling and guided meditations, which allow Anne to find ways to harness the healing messages within. The book gives the reader opportunities at certain intervals to listen to downloadable meditations, teaching and reinforcing the power

points of Grandmother's stories.

Healing from the Heart-Mehmet Oz 1999 The noted surgeon reflects upon the effects of emotions, attitude, and spirit on the physical aspects of heart disease

Healing the Heart of Democracy-Parker J. Palmer 2014-07-31 Hope for American democracy in an era of deep divisions In Healing the Heart of Democracy, Parker J. Palmer quickens our instinct to seek the common good and gives us the tools to do it. This timely, courageous and practical work—intensely personal as well as political—is not about them, "those people" in Washington D.C., or in our state capitals, on whom we blame our political problems. It's about us, "We the People," and what we can do in everyday settings like families, neighborhoods, classrooms, congregations and workplaces to resist divide-and-conquer politics and restore a government "of the people, by the people, for the people." In the same compelling, inspiring prose that has made him a bestselling author, Palmer explores five "habits of the heart" that can help us restore democracy's foundations as we nurture them in ourselves and each other: An understanding that we are all in this together An appreciation of the value of "otherness" An ability to hold tension in life-giving ways A sense of personal voice and agency A capacity to create community Healing the Heart of Democracy is an eloquent and empowering call for "We the People" to reclaim our democracy. The online journal Democracy & Education called it "one of the most important books of the early 21st Century." And Publishers Weekly, in a Starred Review, said "This beautifully written book deserves a wide audience that will benefit from discussing it."

Healing the Heart-Christine Fonseca 2020-03-01 Trauma permeates America's families, and no one is immune to its impact. Natural disasters, community and institutional violence, adverse childhood experiences—these events impact the developing brains and bodies of our youth. Healing the Heart: Provides parents with specific tools to help their trauma-impacted children. Combines the research on adverse childhood experiences and other traumatic events, positive psychology, and resilience. Is presented in an easy-to-read, conversational style. Uses evidence-based strategies, inspirational stories, and role-playing scenarios. Includes the information and tools needed to heal the negative impact of traumatic events. With

specific strategies to address diverse forms of trauma and diverse populations, this book is a must-read resource for anyone wanting to reestablish safety, increase resilience, and help heal the long-term impact of trauma.

Healing from the Heart-Mehmet C. Oz M.D. 1999-10-01 Dr. Mehmet Oz, celebrated heart surgeon and co-founder of the Complementary Care Center at New York's Columbia-Presbyterian Hospital, is spearheading the health-care revolution that is yielding powerful new healing tools that will forever change the way we think of medicine. In this ground-breaking book, he describes his pioneering work--combining cutting-edge Western medicine with such Eastern techniques as acupuncture and chi-gong, as well as such controversial therapies as hypnosis, music, massage, reflexology, aromatherapy, and energy healing. The inspiring and affecting stories of his patients are the heart of this book--from the extraordinary discipline of Frank Torre, who used his professional sports training to "psych" himself into healing after heart transplant surgery, to the "impossible" recovery of blues great Johnny Copeland, who was roused from a seemingly impenetrable coma through the force of his own music. In recounting his patients' experiences, Dr. Oz forges a blueprint for the radical new medicine of the next millennium--drawing on the best from Eastern and Western therapies and empowering patients to become partners with doctors in promoting their own recovery.

Healing the Heart-Deepak Chopra 2001 Despite advances in conventional treatment, heart disease remains the leading cause of death among adults in the West. Fast-paced lifestyles, high stress levels, poor diets and addiction to unhealthy activities such as smoking and drinking are contributing factors. In Healing the Heart, Dr Deepak Chopra shows how to reduce your risk of coronary disease by following an individually tailored regime, based on ancient Ayurvedic principles. There is advice on diet, exercise, meditation and self-awareness, designed to promote a healthy heart by opening the energising and healing pathways that unite mind, body and spirit.

The Heart That Heals-Patsy Burnette 2019-07-21 Our choices have consequences. The pathway we walk has a destination. I want you to make good choices so that the consequences will be good. I want

your destination to be one that glorifies God. If you're in a broken place, it may be difficult to make good choices. Is your pathway littered with the debris of brokenness? I want to help you get past all that and learn to be still, and know that He is God. -from the Prologue

The Heart That Heals is centered around Psalm 46:10a, Be still, and know that I am God. It's a book about healing our brokenness. It's about doing the next thing, and sometimes, the next thing is to be still, and know that He is God. This book is full of Scripture and practical application. Each chapter will challenge you to reflect, apply, pray, meditate on and memorize Scripture. It's your homework but in a good way. If you and I were Pen Pals, The Heart That Heals is the letter I would write to you if you'd lost a child, a husband, a best friend, or a sister. It's the kind of letter I would seal with a heart-shaped sticker that says, "God Loves You," you know, that kind of sticker you used to get in Sunday school. You'd read my letter and you'd know, yes, you would know, He truly does love me! He loves me in the midst of this storm. "The Heart That Heals is like a friend who comes alongside you to walk a long journey. There are moments on the path when your friend lets you cry, or even cries along with you, because the terrain is tough. There are times when your friend grabs your hand and lifts you up because you've tripped over a tree root you didn't see. Then there are glimpses of remembered joy when your friend says something funny-and you laugh-and the path seems brighter. And, somewhere along the way, you realize she gets it. She understands. She knows because she's walked this path before. Thank you for proving a resource that not only offers healing hope, but also a sense of friendship for the journey." - Stephanie Little, wife, homeschool mom, author, speaker

Healing Power for the Heart-Robert Abel 2006-01-01 Do you feel distant from God's love? Are you searching for ultimate fulfillment in life? Jesus came so that you may have life and have it more abundantly! He wants to heal all your wounds and fill your heart with his incredible love. In this book, Robert Abel will share with you how to establish a deeper and more passionate relationship with Jesus. The spiritual exercises on these life-giving pages have the power to break all forms of bondage in your life, and bring the Lord's healing power into all your traumatic past experiences. Jesus

wants to take you on an exciting adventure deep within the recesses of your soul. He is calling you right now, Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. What are you waiting for? Embark upon the adventure of a lifetime. Open your heart and experience the fullness of God's extravagant love.

Heart Healing-Susyn Reeve 2018-10-15 "This book serves as your personal heart healing coach to . . . free your heart and mind of the wounds of the past." —Jamie Lynn Sigler, actress on *The Sopranos* Whatever the cause of your heartbreak—the end of a relationship, the death of a loved one, a divorce, shattered dreams, a family feud, a life-threatening diagnosis, career turmoil, or past abuse that repeats over and over again—it is never too early or too late to courageously forgive and let go. Filled with stories, proven exercises, and powerful affirmations to free you from any resentment and anger you are holding towards yourself or others, this book offers potent opportunities for lasting, life-changing heart-healing. The "emotional clutter" of old resentments, grudges, guilt, and shame are blocks to love and a direct call for action. Readers will learn: The distinction between a closed and broken heart To identify the specific beliefs that continue to activate your emotional wounds and unresolved anger How to forgive yourself and others using the Deal-Heal-Forgive Process How healing your heart contributes to healing the broken-heartedness in the world today. With wisdom gained from her own heartbreak story and decades of study with Joseph Campbell, Jean Houston, Robert Fritz, don Miguel Ruiz and thousands of clients and students, Susyn Reeve has written a refreshingly honest and practical guide to living a life of contentment, connection, and long-overdue love. "Heartbreak is a painful fact of life. Be prepared to free your heart, because you were born worthy." —Nell Merlino, creator of *Take Our Daughters to Work Day*

The Heart of Healing-Dawson Church 2004 *Heart of the New Healer* is a compilation of original essays from many of today's leaders in the healing arts. Both world-famous authorities, and intriguing new voices, are combined in this unique survey assembled by award-winning editor Dawson Church. Fifteen years ago, Dawson edited a best-selling book called *The Heart of the Healer* (New American

Library, 1989). It was an influential book, reviewed in Publisher's Weekly, Library Journal and many other places, excerpted in the LA Times and other national media, and used by many colleges as a supplementary text. Now, Heart of the New Healer surveys some of the most fascinating healers and thinkers of a new generation. From the most cutting-edge scientific studies to ancient techniques like Hindu Pranic healing, with humor, wisdom, and vast experience, the authors chart the seismic changes that are radically reshaping our society's concept of health. If you want to know where the future of health care is headed, or get a spectrum of brilliant and current perspectives and practices to support your personal health, this book is essential reading.

The Heart Healing Journey-Mark DeJesus 2019-10-07 A 28 Day Experience to Transform Your Heart Are you living a life that is fully alive from the heart? In a world where many are just looking to get by in life, a remnant is crying out for more. They desire to live free from a heart that is fully alive to God and awakened to the transformation that is available to them. Are you aware that your heart needs healing? The reason you may be struggling in certain areas of your life is because your heart needs to experience healing, so that love and truth can have a greater work in your life. This book will outline what a heart journey looks like, so you can break through some of the hindrances that don't seem to budge. Are you passionate for personal transformation? Do you want to get to the root issues of your heart so that you can experience the change and transformation you were destined for? Then The Heart Healing Journey is the book for you. Inside these pages, Mark will use over 25 years of personal experience helping people in teaching you the keys to walking in greater wholeness. If you have a passion to let your heart experience greater love and healing, then get ready for adventure! The life of the heart is involved with everything that happens in your life. Yet it is one of the most neglected areas that people address. We might work overtime on our physiology with exercise or nutrition. Or we may develop the capacity of our minds to learn new information and gain more knowledge. But have we been trained to live powerfully from a healthy heart life? Do we even know what that means? In this series of simple, yet straightforward writings, Mark will walk along side of your journey

and encourage you to live with a heart that is fully alive, while experiencing the healing that your heart needs. Now is your time to stop going through the motions and invite God to breath life into your heart.

The Heart of Healing-Christine Hibbard PhD 2016-12-19 In this inspiring memoir, Dr. Chris Hibbard, a psychotherapist specializing in emotional trauma, tells us stories of healing and transformation from her years traveling to many of the most troubled parts of the world, determined to help survivors of war. She has worked with refugees and survivors in Kosovo, the Middle East and Uganda, helping to heal the wounds left by war, genocide and illness. She shares the most memorable stories of her own compelling insights on healing learned in her personal life, and meeting with healers in New Zealand, Hawaii, Syria, and Brazil. In most of these places she responded to a calling to facilitate recovery and wholeness in herself and others. But along the way, it was the others who taught Chris lessons about the true nature of healing, the bravery it takes to forgive ones enemies, and the transformational power of the human spirit.

How to Heal a Broken Heart in 30 Days-Howard Bronson 2002-05-14 "It's over. Now what?" Suffering from a broken heart? Afraid you'll never get over this feeling of emptiness and loss? You can, and with the help of this easy-to-follow program of action, you will. Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss, and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that's just ended, while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out: ·How and why to cry 'til dry ·Good ways to beat loneliness ·Why it pays to forgive your ex ·How to "let go" of old memories and resentments How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again—and you'll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month,

you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

Healing Your Traumatized Heart-Alan D. Wolfelt 2002-09-01

Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death.

Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again. Some of the tips include understanding the special characteristics of trauma grief, planting a tree in memory of the person who died, and making connections with others affected by a similar death.

Healing from the Heart a Practical Guide to Creating Excellent Experiences for Patients and Their Families-Timothy Dawes 2006-07
Dawes brings to life this practical model for interacting powerfully in medical groups. Rather than introducing a new way to communicate, he shows care givers how to turn their best instincts into deliberate actions and make their natural compassion visible to patients who are suffering.

Healing A Broken Heart-Sarah La Saulle 2010-05-11 The loss of a love is a nearly universal emotional crisis, whether the end is divorce, desertion, or a mutually agreed-upon separation. At first, friends and family are there to offer a shoulder to cry on, but after a few months there's an expectation that we just need to get over the crisis and move on. Thus, unprocessed, painful feelings are buried, leaving us numb. Or we repeat damaging relationship patterns over and over again. The situation doesn't have to be like that. Healing a Broken Heart guides those of us grieving for a lost love through four metaphorical seasons of recovery with provocative questions -- and journal pages on which to respond -- to help move us forward. The four seasons serve as powerful metaphors for the stages of the grieving process. Summer is the season for charting the course of a relationship: remembering hopes and expectations, the warning signs that went unheeded. During autumn, journalers accept the reality of breaking up and acknowledge things about the relationship that didn't serve their needs. Winter brings the pain of grief over the profound loss. Finally, spring -- and, with it, renewal --

invites readers to examine and understand how their family history may have affected their past relationships. Punctuated throughout with poems and moving meditations, the thoughtful, interactive approach of this book offers the time and space we all need to heal when our hearts are broken.

Healing the Heart and Soul-Michael Mirdad 2011-05 This book contains an invaluable secret-a process that leads to deeper healing than most people have ever experienced or dreamed possible.

Healing the Heart & Soul offers the essential ingredients for personal, life transformation, as well as providing a deeper understanding as to why some people don't seem to heal. It also covers the roles of forgiveness, mirroring, and miracles in relation to healing. Then it shares the specific technique of the five-step, Soul-Level Healing Process that will, in nearly every case, uncover the "real" cause (or causes) hidden behind any particular challenge or problem (physical, emotional, mental, financial, and even within relationships), thus making room for true transformation and healing. Soul-Level Healing can be defined as "a two-part process of Emptying one's cup of faulty belief systems AND Refilling this cup with new, healthy, and loving belief systems."

Healing the Wounded Heart-Dan B. Allender 2016-02-23 First published in 1989, Dan Allender's The Wounded Heart has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

Tarot for the Healing Heart-Christine Jette 2001 Jette details how to create a healing atmosphere through tarot. One does not need to be a tarot expert or a healing practitioner to benefit from this book. All that is needed is a desire to heal, an open mind, and a courageous heart.

You Can Heal Your Heart-Louise L. Hay 2015-02-02 In You Can Heal Your Heart, self-empowerment luminary Louise Hay and renowned grief and loss expert David Kessler have come together to start a conversation on healing after loss. Louise and David discuss the emotions and thoughts that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. They will also help you develop greater self-awareness and compassion, providing you with the courage and tools to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's affirmations and teachings on the power of your thoughts and David's many years of working with those in grief, this remarkable book will inspire an extraordinary new way of thinking, bringing profound love and joy into your life. You will not only learn how to harness the power of your grief to help you grow and find peace, but you will also discover that, yes, you can heal your heart.

Healing from the Heart-Rochelle Graham 1998 To have health is to have a balance and harmony between the physical, emotional, mental, spiritual and relational aspects of the self. In healing, we endeavor to restore this balance when it has become off kilter. In Christian scripture and liturgy there is a rich history of healing. Healing from the Heart traces the tradition of Christian healing, and explores the mystery of prayer. Church groups interested in beginning a healing ministry will find this an invaluable resource, offering meditation resources, healing services, and well-tested and practical hands-on healing methods.

Healing from the Heart-Mehmet Oz 1999 The noted surgeon reflects upon the effects of emotions, attitude, and spirit on the physical aspects of heart disease

Healing Your Grieving Heart-Alan D. Wolfelt 2001-04-01 With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and

mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Each book, geared for mourning adults, teens, or children, provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that living their lives can begin again.

The Heart of Healing-Dana Morningstar 2020-08-15

Heal Your Heart-Michael Miller 2014-11-25 Keep a healthy heart for life! Stress and other negative emotions contribute to at least 25 percent of all heart attacks, but now, cutting-edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health. In Heal Your Heart, Dr. Michael Miller--a leader in the fields of preventive and behavioral cardiology--outlines his Positive Emotions Prescription, a 28-day program designed to undo past heart damage and reduce your risk of stroke, heart attack, and more. You'll discover how eating certain foods, listening to specific kinds of music, and even increasing the amount of time you spend laughing can promote heart health and overall positive well-being. Complete with success stories from Dr. Miller's patients, this go-to reference and prescriptive plan will help you lose weight, reduce your cholesterol and blood pressure, and keep your heart healthy for life.

Living from a Whole Heart-Debbie Adams 2014-10-13 BOOK ONE begins with the vision set before us to live life with a whole heart. Living from a whole heart, however, requires living from a healed heart. Understanding the Heart is essential, so we begin by discovering what makes up the heart. After all, it's difficult to heal the heart unless we first understand what it contains. We look at the heart as a whole, and then as four individual chambers, discovering what lives inside each one. This book then gives the reader the opportunity to evaluate his or her own heart in a unique and personal way to begin the process of healing.

The Mended Heart-Suzanne Eller 2014-02-20 Brokenness happens. Tragedy, sin, and the painful choices of others all have the ability to disrupt an otherwise contented life. And as a result of our heartache, we often attempt to fix our own brokenness--with

disastrous results. If you've tried to heal, but keep ending up in the same place--whether the battle is in your heart or out in the open where everyone can see--The Mended Heart is for you. In this book, author Suzanne Eller tells it like it is: people throw quick fixes at you or tell you to pull yourself up by your bootstraps (whatever that means). More important, though, she shares the powerful truth of Jesus's mission as outlined in Luke 4:18-21: He came to set free all those who are oppressed and in need of mending. You don't have to fix yourself--Jesus loves you right where you are. In fact, He has already completed the work that needs to be done. The Mended Heart will encourage you to trust him, to give and receive grace, and to move ahead even stronger than before--even if others don't move with you.

Healing Your Heart of Painful Emotions-David A Seamands 2005-03
Memories - sometimes they're sweet, sometimes they're unbearably painful. Hurting memories that cause believers to struggle with crippling emotions and behaviors need a special kind of healing. Pastoral counselor David Seamands provides it in this powerful four-in-one guide. Writing with compassion and understanding, Seamands (the pioneer in memory-healing therapy) shows readers how God's power can free seekers from the tyranny of painful memories, childhood traumas, and the driving need to achieve. Only the liberating power of true grace can repair damaged emotions. Readers are gently guided step by step through the process, from healing inner hurts and changing old behavior patterns to discovering how to grow in spiritual and emotional maturity. With a blend of clear biblical theology, solid psychology, and practical common sense, Healing Your Heart of Painful Emotions helps readers find the peace and permanent freedom that so many are searching for.

Healing the Heart, Healing the Body-Guides (Spirit) 1992

Healing Feelings... From Your Heart-Karol Kuhn Truman 2000

When life causes you to build a wall around yourself, this guide will help you learn how to let go of blame, to forgive, to feel gratitude, and to "revere" your divine Self.

Awakening the Heart-John Welwood 1983 Essays examine the combination of psychotherapy methods with meditation techniques in order to aid in the development of the relationship between the

therapist and patient

The Heart Speaks-Mimi Guarneri 2007-01-02 An evaluation of the multi-faceted role of the heart considers its representation of human emotions and spirituality as well as its essential role in the perpetuation of life, drawing on recent studies to reveal that the human heart has its own intelligence and memory and operates independently from the brain. Reprint. 75,000 first printing.

Unlocking the Heart Chakra-Brenda Davies 2001 Use the power of the heart chakra, one of the body's seven energy centers, to expand the potential for love. The author of "The 7 Healing Chakras" skillfully blends spiritual understanding with psychological insight as she provides a "personal road map" for exploring the connection between individuals and the planet as a whole.

Healing for the Heart... a Guide for Survival in the World of the Widow-Nancy Hughes 2007-08-01 While trying to deal with her overwhelming sadness and grief at the death of her husband, the author found hope and compassion in the Lord. "Healing for the Heart" contains personal stories and encouragement from seven widows to help strengthen ones faith.

Heart Talk-Cleo Wade 2018-03-06 A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called “the Millennial Oprah” by New York Magazine—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller Milk & Honey. True to her hugely popular Instagram account, Cleo Wade brings her moving life lessons to Heart Talk, an inspiring, accessible, and spiritual book of wisdom for the new generation. Featuring over one hundred and twenty of Cleo’s original poems, mantras, and affirmations, including fan favorites and never before seen ones, this book is a daily pep talk to keep you feeling empowered and motivated. With relatable, practical, and digestible advice, including “Hearts break. That’s how the magic gets in,” and “Baby, you are the strongest flower that ever grew, remember that when the weather changes,” this is a portable, replenishing pause for your daily life. Keep Heart Talk by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually.

Straight from the Heart - a Healing Journey-Marj Pettinger 2010-06

We all have stories to tell. In fact, we are our stories. Our stories reveal how we perceive ourselves, others and the world around us. When our stories have been particularly traumatic they can fill our memories and our hearts to the point of virtually making us ill. It is possible, through remembering, reflecting, revisiting, re-framing, retelling and rewriting the stories of our lives, to change those stories as we focus on the positives. This book reveals a formula that has proven successful for the author as she, herself, moved towards "a healing journey." Scripture says "And we know that all things work together for good..." (Romans 8:28) and when we re-frame our stories they can become an instrument of healing in our wounded lives. The author encourages the reader to take the negative and turn it into a positive step forward as you journey towards your own inner health.

God, You Are Healing for My Soul (Words Straight from the Heart)-Carol S. Wright 2011-12-19 Every day people awake thinking they can do things their way. Maybe you were on the right path with God, and you turned away. Suddenly things that were once going well now are going downhill. Those who were your so-called friends have turned their backs on you. Why? Because you lost everything when you placed someone or something ahead of God. This includes your family. I encourage people to write. I have found it to be a form of therapy. A way to express myself out loud. This book represents a group of poems from my Spiritual Guidance Collection about my life that I experienced during the good and bad times. Someone might say the poems are a conversation with God, a form of prayer. My hope is that everyone who reads this book will find their way back to God the Creator.

Healing Her Heart-Laura Scott 2013-05-15 Dr. Gabe Allen has a rule about dating colleagues but when he meets ER nurse Larissa Brockman he's tempted to break his vow. Larissa's faith draws him back to the church he'd left behind, but when their lives are on the line Gabe discovers that Larissa is the one who needs to learn about the true meaning of forgiveness. And only Gabe can help heal her heart. Welcome to Crystal Lake Wisconsin! I hope you enjoy my series of small town romances. Keywords: Clean romance, wholesome romance, small town romance, clean mystery,

wholesome mystery series, Christian romance, Christian mystery
The healing heart-Norman Cousins 1984-10-01 Discusses the massive heart attack Cousins suffered in 1980, the events leading up to the attack, the importance of coping with panic, the treatment process, his intensive rehabilitation program, and his recovery
Drawing from the Heart-Barbara Ganim 2004-06-01 A step-by-step program shows readers how to survive any trauma--illness, retirement, violence, death, or divorce--using the author's work in nonverbal imagistic therapy and split-brain research to heal the mind and body during periods of intense anxiety and stress.
Original.

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