



How to Stop the Pain

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We all experience pain! Every day millions of people live in a world of heartache. We're forced to smile and pretend that everything is all right. You've been wounded, and you just can't seem to heal. You try to get on with your life, but you just can't move on. You forgive, but you can't forget! Every day exhumes the pain you try to bury. It cripples your relationships with people, God, and life itself. It destroys your ability to pursue your dreams.

This paradigm-shattering book will free you from the forces that would turn you into a victim. It will lead you step-by-step through a simple process that will free you from the pain of the past and protect you from the pain of the future.

Discover the emotional freedom that everyone wants but few experience

Break the secret link to the pain of the past

Identify the number one source of suffering

Never be hurt by another insult

Learn the only biblical way to prevent pain

Free yourself from the need to judge others

Experience freedom from criticism

How to Stop the Pain Details

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From Reader Review How to Stop the Pain for online ebook

Stacey says

Theme: Judge not, that ye be not judged - what a great reminder - so many things to focus on after reading this book, it might be one I pick up to review and reset my thinking again in the future.

J.A. Marx says

Excellent! This book is life changing. It opens your eyes to the way we process offenses and helps you understand how to not let them control your future. It's practical and resonates with the soul.

Teya Miller says

The subtitle of this book is "Pain is Inevitable, Suffering is Optional." This book took the spotlight off the problem and put it on my heart. The main theme...judge not, that ye be not judged. It was great! I learned some very important lessons. One important lesson near the end of the book is "...we are who God says we are and who Jesus has made us to be. We have no other identity." Of course, Jesus made us totally accepted, forgiven, clothed in His righteousness. That is who I am in Christ. I highly recommend this book.

Erin says

Read this book and had to take it in "bites" reading a couple of chapters at a time to help let the concepts sink in. Particularly liked his thoughts on what we write on our heart each day, how we come to the wrong conclusions, how we attach significance and it is that action that causes pain and prolonged torment, that we can observe behavior - but the moment we try to determine the "why" we have judged, we cannot help anyone that we are judging, and ultimately, the antedote for judging is loving as Christ loves us - we must daily choose to love, not judge others. This book is one that I keep going back to - transformational!

Terry says

I really took my time reading (and re-reading some sentences/paragraphs) to let what I recognize in myself and the solution sink in. I'm still not 100% sure how to apply all that I've read, as old habits are hard to break, but I definitely want to live the better life Jesus lived and died for me to have!

Kathleen Meacham says

This is a tough read but well worth it. The book presents the concept that judgement can impact every facet

of your life, if you allow it to do so. Dr. Richards encourages you to wrap your head around this, and instead walk in love. Scripturally sound and a real eye-opener.

Jonathan Bullington says

If like easy reads do not read this book. One of the most challenging books to read because of how it makes you look at your own issues. Very real and honest and one that I would recommend if you like to grow.

Cindy says

This book was really good. Oh the pain misguided Christians can heap on other Christians and non-Christians alike, just by judging instead of loving! Really opened my eyes to areas within myself that need to be worked on.

Raju says

Overall it's a good book.

Overall it's a good book. It would be have been much better if there were real life examples. Good read

Juan Chavez says

Great book..A little long the subject of non judgement but the premise was very good. Highly recommend to friends and family. Great advice on how to help others instead of trying to solve others problems.

1- "(Matthew 24:12). As mankind treats one another in destructive, self-centered ways, we create emotional wounds that make people afraid to love and trust. And the less we feel loved, the more pain we inflict upon each other. Thus the ever-growing cycle continues on, and pain abounds.

Leanne says

Life changing!!

Jonimarie Whiting says

This book was amazing a must read!!!

Kevin says

Loved this book. Brought wisdom and truth that in turn brought freedom!

Ellen says

Wow, what an amazing book!

I had no idea how devastating being judgmental is to me. Self judgment has caused me years of pain. I am dedicating my life to live in love, which is promised to be a new realm I can't wait to experience...!

Holly says

This is NOT fiction like almost all the other books I read. It is a christian book that deals with moving on, forgiving and not judging (those that have hurt you). I have read it 3 times and recommended it to many others that seem to be "stuck" in their lives and can't seem to move on.

Excellent
