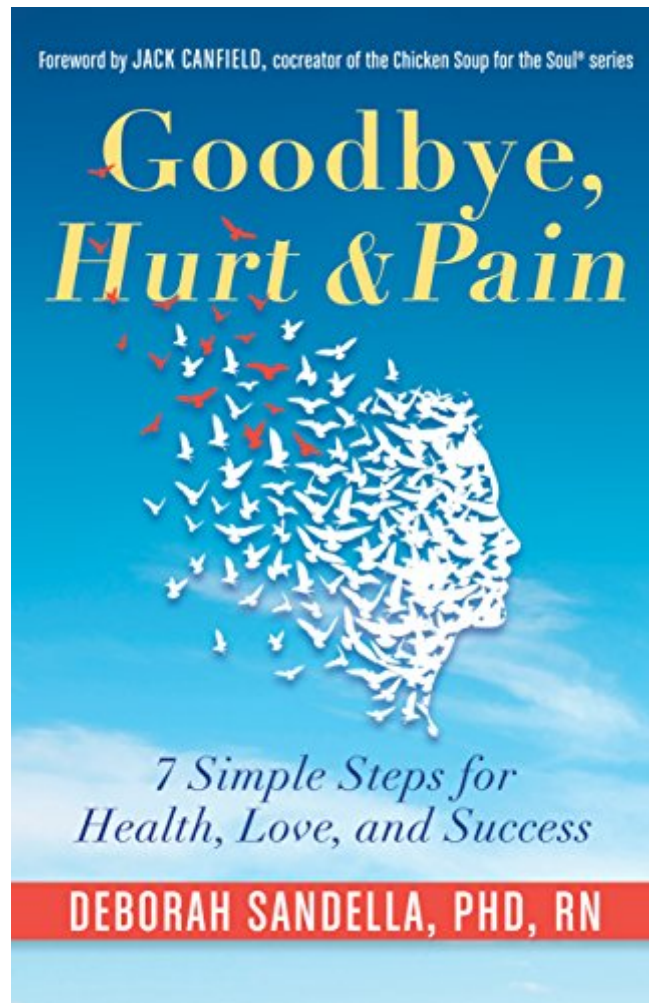


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# Goodbye, Hurt & Pain: 7 Simple Steps For Health, Love, And Success



## 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

## Book Information

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## Customer Reviews

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!

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'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!!!

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!

The tools in Dr Deb's book will allow you to rebuild your foundation and reconnect with your inner child. Many problems in life are caused by our inner child and with the right guidance we can go back and rebuild a new relationship with that inner child. Take it from me you will never again be lonely once you learn to love the person you are always with. Thank you Dr Deb!

Dr. Deb Sandella has discovered the secret entrance to one's emotional subconscious. Having experienced the profound inner peace that her RIM Technique has provided me, I whole-heartily recommend this book. Dr. Deb shares her RIM Technique, along with many examples, to explain the simple to follow steps to personal growth and healing. Goodbye, Hurt & Pain " 7 Simple Steps for Health, Love, and Success is a must have, and should be shared with loved ones.

Having experienced the power of the RIM technique from Dr. Sandella herself, I heartily recommend her new book! Of the many modalities I have studied on trauma treatment, this process is more comfortable for the client than any I can think of and is immensely and amazingly effective. I strongly encourage reading this book to get a flavor both of the RIM technique and of the results that are possible using it! MaryAnn.

This is NOT just another self help book! Dr. Deb Sandella grabs you from the very first page with dramatic stories of real people releasing emotional and physical trauma through her RIM method.

She shares her deep understanding of the messages emotions have for us and how to listen to them to achieve a deep peace. I cannot recommend this book highly enough!!

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