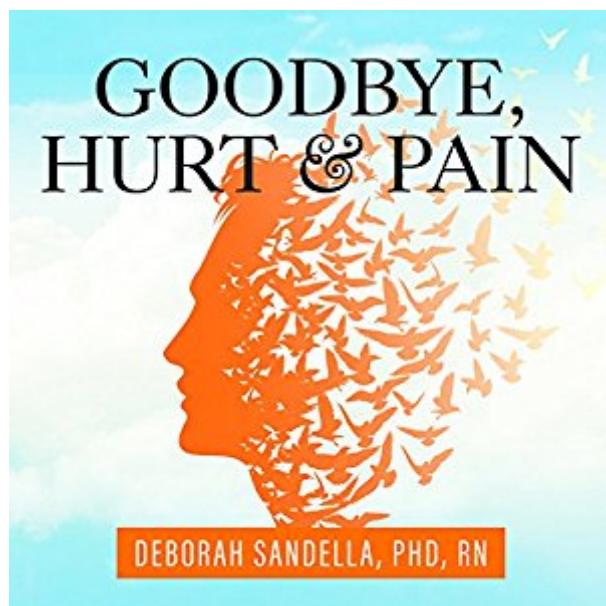


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# Goodbye, Hurt And Pain: 7 Simple Steps For Health, Love, And Success



## **Synopsis**

In *Goodbye, Hurt and 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". 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 and 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.

## **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. It'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'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 orders 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 transforms lives!

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