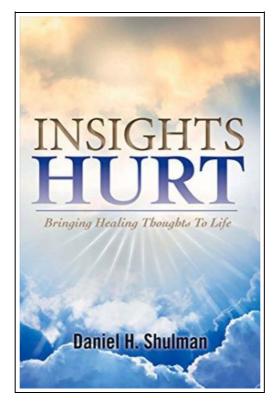
# Insights Hurt: Bringing Healing Thoughts to Life



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# Reviews

A must buy book if you need to adding benefit. It can be rally interesting throgh looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe. (Ms. Julie Huels)

# INSIGHTS HURT: BRINGING HEALING THOUGHTS TO LIFE



BookBaby, United States, 2015. Paperback. Book Condition: New. 218 x 142 mm. Language: English . Brand New Book. Loss, love, crises of faith and anguish are a part of being human. If lucky, pain brings insight that enables healing. Over the course of several years, I experienced all of the highs and lows of relationships (each more than once). To cope, I wrote. I wrote to myself. I wrote to those I loved. I wrote to those I lost. I wrote to those who I just wanted to see that I was coping. And I wrote to nobody in particular. Through it all, my words brought me comfort. But something surprising happened. I learned that my words brought comfort to others. My struggle was their struggle. I articulated what they were feeling, but could not say. As I counseled myself, I was also counseling them. This book shares those insights. The insights hurt - at least they did at the time. But they also brought healing and a life now filled with happiness.



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