



Healing for Damaged Emotions

David A. Seamands

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Events in our lives, both good and bad, form rings in us like the rings in a tree. Each ring records memories that affect our feelings, our relationships, and our thoughts about God.

In this classic work, David Seamands encourages us to live compassionately with ourselves as we allow the Holy Spirit to heal our past. As he helps us name hurdles in our lives—such as guilt, poor self-worth, and perfectionism—he shows us how we can find freedom from our pain and enjoy the abundant life God wants for us.

The late **David Seamands** was a pastor, missionary, and professor emeritus and counselor-in-residence at Asbury Theological Seminary. He authored several books, including *If Only*, *Putting Away Childish Things*, and *Freedom from the Performance Trap*.

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