

Bruised Hearts: How to Stop Hurting to Trust Again

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Reviews

The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out. (Dr. Blair Mann)

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BRUISED HEARTS: HOW TO STOP HURTING TO TRUST AGAIN



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Tell me what you ve gone through and I m sure I can tell you why you are having certain struggles and pains in your life today. Tell me the worst you ve had to experience and I will tell you why you re still not over it. Life tragedies not only leave scars that last a lifetime but a bruised heart in its aftermath. Although many if not all of life s bruises have healed on the outer surface of your body they are not gone. They have all settled deep within your heart s core issuing blow after blow leading one to experience loss, heartbreak, grief, humiliation, rejection, tragedy and pain that s never ending upon a heart that s badly bruised. Your untimely outburst is a testament to the bruised heart you carry that has yet to heal. Are you tired of hurting and forgetting? Are you ready to get to the bottom of why past pains come back? Bruised Heart is the reason but it does not have to be. True healing takes place from the inside out, starting with one s heart. I ve dealt with my share of life bruises an have overcome them all. Now if I can heal my bruised heart, so can you!.

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