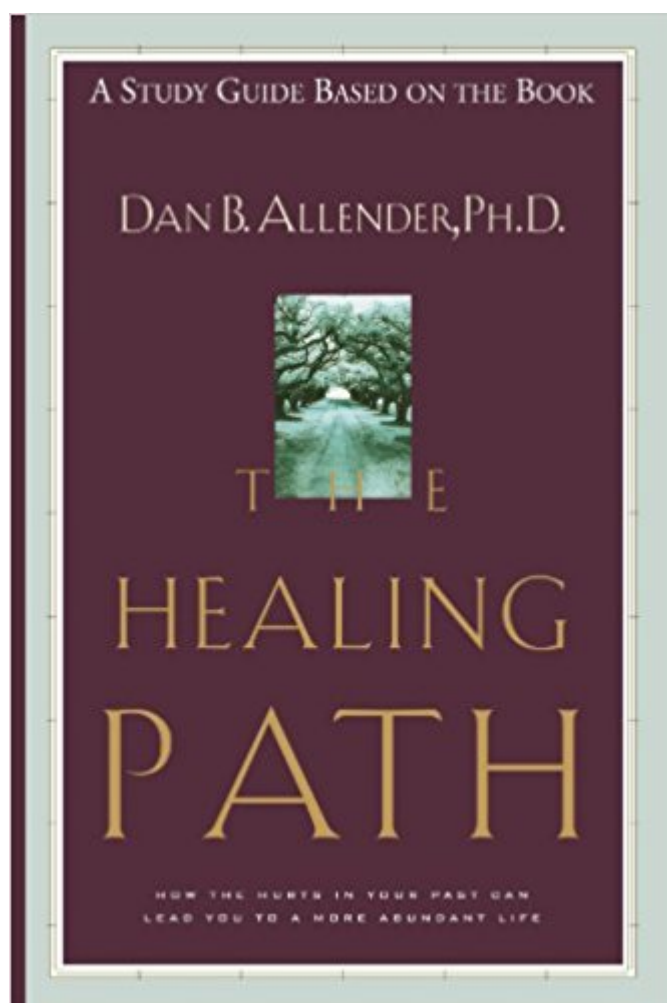


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# The Healing Path Study Guide: How The Hurts In Your Past . . . (a Study Guide Based On The Book)



## Synopsis

**DON'T WASTE YOUR PAIN.** None of us escapes the heartache and disappointments of life. To live is to hurt, and we all have the wounds to prove it. Regardless of how we've been hurt, we all face a common question: What should we do with our pain? Should we stoically ignore it? Should we just "get over it?" Should we let it "make us stronger?" Should we optimistically hope that everything will work out in the end? If we fail to respond appropriately to the wounds that life and relationships inflict, our pain will be wasted; it will numb us or destroy us. But suffering doesn't have to mangle our hearts and rob us of the joy of life. It can, instead, lead us to life-if we know the path to healing. Healing is not the resolution of our past; it is the use of our past to draw us into deeper relationship with God and his purposes for our lives. We don't have to be held captive by the hurts of our past. We can move from feelings of powerlessness, betrayal, and ambivalence into faith, hope and love. The Healing Path takes us beyond self-discovery to God-discovery, giving us the tools to excavate the riches that lay beneath the surface of our pain. If you're ready to use the experiences of the past and present to shape a future characterized by love, service, and joy, now is the time to step out onto The Healing Path.

## Book Information

Paperback: 96 pages

Publisher: WaterBrook; 1/16/99 edition (February 16, 1999)

Language: English

ISBN-10: 1578561566

ISBN-13: 978-1578561568

Product Dimensions: 5.5 x 0.2 x 8.2 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 7 customer reviews

Best Sellers Rank: #402,230 in Books (See Top 100 in Books) #190 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #258 in [Books > Religion & Spirituality > Religious Studies > Psychology](#) #289 in [Books > Religion & Spirituality > Religious Studies > Counseling](#)

## Customer Reviews

DAN B. ALLENDER, Ph.D., is a professor of counseling at Western Seminary-Seattle. He taught in the Biblical Counseling Department of Grace Theological Seminary for seven years, then was a professor in the Master of Arts in Biblical Counseling program at Colorado Christian University,

Denver. Dr. Allender is the author of *The Wounded Heart*, and has co-authored two books with Dr. Larry Crabb: *Encouragement-The Key to Caring and Hope for the Hurting*. With Dr. Tremper Longman he has co-authored four books: *Bold Love*, *Cry of the Soul*, *Intimate Allies*, and *Bold Purpose*.

This study guide was a great companion to the book. It really challenged me to make it personal. I had to consider how Dan Allender's writing applied to my life personally, instead of just reading the book, thinking it was profound, but then not doing anything with it in my everyday life. Now I see tangible places I want to address in my life and ways to live more into the sorrow and the joy found on earth.

I bought this book to try and deal with the unbearable pain when my husband and I separated. There are so many parts in this book that describe in detail what physically, mentally and spiritual causes us to feel so much pain. I bought the workbook as well and found it very helpful. It will remind you God is with you and to walk in faith that he will mend you. God bless.

This is not your typical fill-in-the-blank study guide. It sends me back to re-read chapters, to dive much deeper and explore areas I'd ignored when I first read the book. I'm studying it with my daughters, via phone, and highly recommend doing so with people who know and love you and can help reflect truth back to you.

Great guide for how to study and read the book by the same name. Will really have you dig deep with God as your guide. was one of the few places I could find this workbook for a reasonable price.

great!

There was too many personal notes written in it. I would suggest that if someone is going to sell a book, they should use a notebook to write the answers to the questions posed in the book.

This was a good spiritual book but the best has got to be *An Encounter With A Prophet*

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