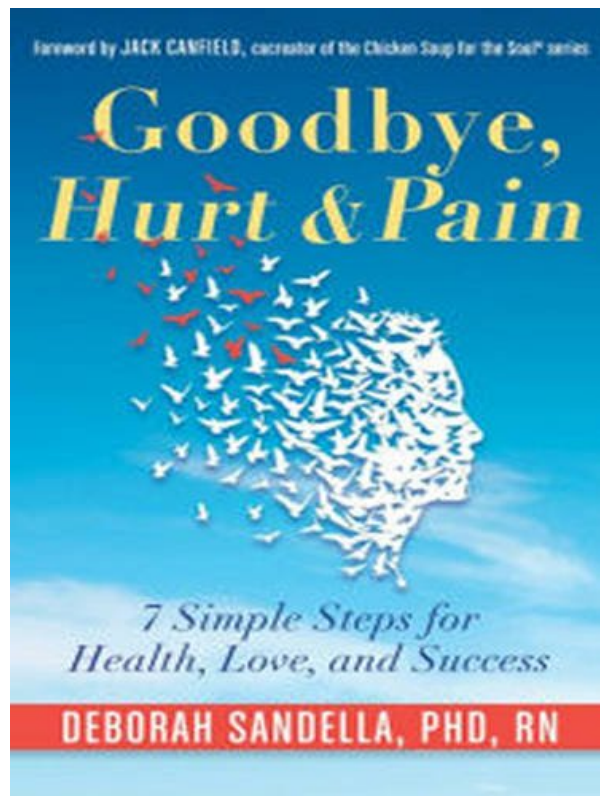


**GOODBYE, HURT AND PAIN: 7 SIMPLE  
STEPS FOR HEALTH, LOVE, AND SUCCESS  
BY DEBORAH SANDELLA PHD RN**



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Foreword by JACK CANFIELD, cocreator of the Chicken Soup for the Soul® series.

# Goodbye, Hurt & Pain

*7 Simple Steps for  
Health, Love, and Success*

**DEBORAH SANDELLA, PHD, RN**

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## Review

"In her new book Goodbye Hurt & Pain: 7 Simple Steps to Health, Love, and Success Dr. Deborah Sandella offers life-changing steps to a better life. It's a must-read!" ---Sheri Fink, author of Five Days at Memorial

## About the Author

Deborah Sandella, PhD, RN, has been helping people find themselves for forty years as an award-winning psychotherapist, university professor, and originator of the groundbreaking RIM Method. She has received numerous professional awards, including a Research Excellence and an EVVY Best Personal Growth Book Award.

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In *Goodbye, Hurt & 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 & 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.

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## Most helpful customer reviews

7 of 7 people found the following review helpful.

I like the book because it clears myths about feelings that ...

By Sue Lewis

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'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!

1 of 1 people found the following review helpful.

An excellent guide for the person who is ready to let go of hurt and pain.

By C. Burke

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.

2 of 2 people found the following review helpful.

Love, and Success is a ground-breaking book with clearly ...

By Joan

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.

See all 33 customer reviews...

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