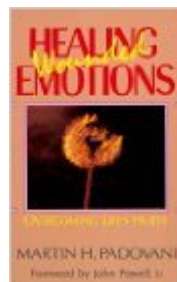


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# Healing Wounded Emotions: Overcoming Life's Hurts (Inspirational Reading For Every Catholic)



## Synopsis

A bestseller for over a decade, this book explains how our emotional spiritual lives interact. Challenges readers to live fuller, more satisfying lives.

## Book Information

Series: Inspirational Reading for Every Catholic

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #776,553 in Books (See Top 100 in Books) #169 in [Books > Christian Books & Bibles > Catholicism > Self Help](#) #3248 in [Books > Christian Books & Bibles > Christian Living > Self Help](#) #10409 in [Books > Textbooks > Social Sciences > Psychology](#)

## Customer Reviews

Instead of hanging on to your hat you'd better hang on to your heart! This book is awesome! If you're not ready to face yourself it's not for you. But if that's what you need... this is the book for you. Padovani takes you on a journey through the many emotions we deal with and helps us understand them like never before. Great book!

This is an easy to read book written by a priest/psychotherapist for anyone who is facing the realities of life, and wants to achieve peace. My wife and I have re-read the book many times, alone and to each other finding meaningful advice to improve relationships. Padovani's chapter on Change is particularly good. Maybe no new ideas, just solid, clearly written advice. I find myself thinking, "Hey, is he talking to me?" many times as I read. Get it, you won't be sorry.

The author doesn't get caught-up in all the psycho-babble of "pop-psychology". The author knows what he is talking about ... he's grounded in reality. Good reading for one that is in need of stitches over many of life's wounds. The stitches, as Padovani so masterfully accomplishes, are spiritual as well as psychological

An excellent book for anyone alive. It gives so many tools that are like an oil for the machine that is your social world to run more smoothly. Chapters like Anger, Guilt, self-Criticism, Compassion, all from the point of a therapist who has helped thousands of clients for many many years.

In a few words great book by Priest and Family Counselor. Im 76 could have really used the wisdom this book provides when I was in my 20s. He also authored "Healing Wounded Relationships" These are books you read more than once and save for future use and reference. I gave some as gifts to my younger relatives I hope they read them.

This is a very insightful book on human relationships and interaction. It is a must read for all those who are family therapists or councilors.

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