



## How to Stop the Pain

*By James B. Richards*

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### **How to Stop the Pain** By James B. Richards

You've been wounded, and you just can't seem to heal. You try to get on with your life, but you just can't move on. This paradigm-shattering book will free you from the forces that would turn you into a victim. It will lead you step-by-step through a simple process that will free you from the pain of the past and protect you from the pain of the future. Discover the emotional freedom that everyone wants but few experience, free yourself from the need to judge others, and learn the only biblical way to prevent pain!

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## **How to Stop the Pain** By James B. Richards Bibliography

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## **Editorial Review**

From the Back Cover  
Pain Is Inevitable

Suffering Is Optional

We all experience pain! Every day millions of people live in a world of heartache. We're forced to smile and pretend that everything is all right. You've been wounded, and you just can't seem to heal. You try to get on with your life, but you just can't move on. You forgive, but you can't forget! Every day exhumes the pain you try to bury. It cripples your relationships with people, God, and life itself. It destroys your ability to pursue your dreams.

This paradigm-shattering book will free you from the forces that would turn you into a victim. It will lead you step-by-step through a simple process that will free you from the pain of the past and protect you from the pain of the future.

- \* Discover the emotional freedom that everyone wants but few experience
- \* Break the secret link to the pain of the past
- \* Identify the number one source of suffering
- \* Never be hurt by another insult
- \* Learn the only biblical way to prevent pain
- \* Free yourself from the need to judge others
- \* Experience freedom from criticism

### About the Author

James Richards is an author, teacher, theologian, and businessman. His success in these areas has placed him in demand as a speaker and personal advisor to business, clergy, and leaders. His personal process of emerging from years of pain, dysfunction, and deep bitterness has given him proven tools for freedom from personal pain. While he holds degrees in theology, human behavior, and medicine, his teaching is simple, well rounded, understandable, and easy to apply. The results have been proven in nearly 30 years of personal, professional, and clinical application. The end result of applying his teachings and methods includes a peaceful, productive life of loving, meaningful relationships.

## **Users Review**

### **From reader reviews:**

#### **Royce Britton:**

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a publication. Beside you can solve your condition; you can add your knowledge by the book entitled How to Stop the Pain. Try to face the book How to Stop the Pain as your good friend. It means that it can to get your friend when you sense alone and beside that course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know everything by the book. So , we should make new experience and knowledge with this book.

**Shirley Morales:**

Here thing why this How to Stop the Pain are different and dependable to be yours. First of all studying a book is good nonetheless it depends in the content from it which is the content is as scrumptious as food or not. How to Stop the Pain giving you information deeper including different ways, you can find any book out there but there is no publication that similar with How to Stop the Pain. It gives you thrill reading journey, its open up your eyes about the thing that will happened in the world which is possibly can be happened around you. It is possible to bring everywhere like in park your car, café, or even in your approach home by train. Should you be having difficulties in bringing the imprinted book maybe the form of How to Stop the Pain in e-book can be your option.

**Barbara Simon:**

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**Amy Smith:**

What is your hobby? Have you heard which question when you got learners? We believe that that query was given by teacher to the students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person similar to reading or as reading through become their hobby. You must know that reading is very important and also book as to be the thing. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You see good news or update in relation to something by book. Amount types of books that can you go onto be your object. One of them is How to Stop the Pain.

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