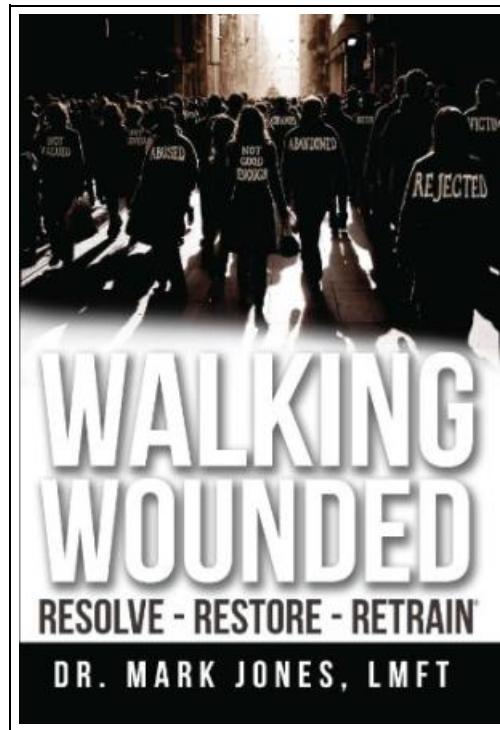


## Walking Wounded: Resolve-Resore-Restrain (Paperback)



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Next Century Pub, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The book Walking Wounded teaches the reader how to identify their own personal wounds in life and provides step-by-step instruction on how to resolve those wounds and come to a place of wholeness. Herein, Dr. Mark Jones takes the reader through three key processes to obtain healing: resolving your past, restoring your health, and retraining your thinking. The book not only teaches how to resolve the past on an emotional, spiritual, mental and relationship level, but also how to be restored to health through a re-established sense of self-worth. The definition of a wound is, an experience that produces pain or even trauma which creates a memory and a sense of loss, regret or even death of some kind. Wounds can either be self-inflicted or can be inflicted by other people or unfortunate situations. Throughout the book, Dr. Jones identifies all the areas of one's life where wounds can come from and the forms in which they take on, i.e. divorce, molestation, abandonment, abuse, anger, etc. Such wounds create corresponding behaviors which the book addresses as wound behaviors. While some wound behaviors are obvious, some behaviors are more subtle. A select few, who are wounded, can connect the dots between their obvious or not so obvious wounds and the wound behaviors they act out. Yet, others have a difficult time connecting the dots and do not understand why they are acting out these wound behaviors, and subsequently have a hard time excepting the truth when they hear it. Therefore, Dr. Mark Jones walks the reader through the process of identifying wound behavior patterns and instructs on how to remove destructive patterns and replace them with the right, productive ones. Unfortunately, it is impossible to...

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