

# You Can't Heal a Wound By Saying It's Not There: How to Overcome Your Past, Rebuild Your Present, and Embrace Your Future

Dr. Saundra J. Taulbee



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What do a high tech, workaholic man addicted to pornography and alcohol, a talented woman who loses her "voice" and struggles with intimacy in marriage, a man who is unable to be sexually faithful to his wife, and, a ten year old depressed boy have in common? Each of them is in desperate need of healing from wounds of the past. But, just what is the nature of the wound? Author Saundra Taulbee explains through actual case examples and vignettes from her own life that we are all in need of healing from wounds that begin in childhood, but, if undealt with, manifest in dysfunctions in family relationships, in marriage, in friendship, in work/career, in the way we see ourselves, and, in the way we relate to God. A quick self-assessment quiz: How many of us know how to find real peace within? Are you at peace with family, and actually love them and like to be around them - especially during the holidays? How many of us experience real relationship with friends where you can be yourself and be accepted? How many of us harbor bitterness and hold grudges against a loved one for past hurts? Are you married but still alone, unable to break through walls of silence or anger? Do you know what are your life-passions; yet, you allow them to go unfulfilled? Why is that? How many of us are really using our God-given gifts and talents to reach out to other people in need, to help them be different? An honest response of "that's me" to any of the above questions suggests you have a wound in need of healing that goes deep within your soul, blocking you from the life that awaits you. So, why read, You Can't Heal a Wound by Saying It's Not There? Because it walks us through common issues of life that show us repeating negative patterns revealing how we fail to live authentically, how we live double-lives, how we focus on self-satisfaction instead of serving others, how we rely on achievement and success to feel value, how we get caug

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