



# **4 Tools of Emotional Healing: Honesty, Forgiveness, Compassion & Faith (Love, Lust and the Longing for God) (Volume 2)**

*Justice Saint Rain*

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## 4 Tools of Emotional Healing: Honesty, Forgiveness, Compassion & Faith (Love, Lust and the Longing for God) (Volume 2) Justice Saint Rain

Though they are not quite the four horsemen of the apocalypse, the painful emotions of shame, anger, loneliness and fear have destroyed countless lives. The need to numb and distract ourselves from them leads us to engage in behaviors that only draw us deeper into shame and isolation. We do not need distractions or drugs, we need *healing*. This healing is not about solving our problems; it is about making us *whole*.

This book explains how the qualities of **honesty, forgiveness, compassion and faith** can ease the pain of these negative emotions by filling the empty spaces they represent. Emotions are messengers. Positive emotions tell us when we are experiencing the presence of virtues such as kindness, and justice. Negative emotions tell us which virtues are missing in our lives. By developing our own capacity to practice these four core virtues, we not only heal our painful emotions, but we become masters of our own feelings. This book builds on the understanding of emotions explained in *The Secret of Emotions*, book one in the *Love, Lust and the Longing for God* trilogy, but is a stand-alone introduction to the practice of Honesty, Forgiveness, Compassion and Faith.

If you or someone you care about is struggling with anger, shame, loneliness or fear, this book will jump-start the healing process. This series can be used by therapists and treatment centers to build a foundation for a wide range of recovery programs.

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