

# Numb: Find Healing in Feeling



## Numb: Find Healing In Feeling by Kay Gackle

★★★★☆ 4.8 out of 5

Language : English  
File size : 2391 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 140 pages



## Are you tired of feeling numb?

Do you long to experience the full range of human emotions? If so, then this book is for you.

Numb: Find Healing in Feeling is a practical guide to help you reconnect with your emotions and heal from the pain of the past. This book will teach you how to:

- Identify the root of your numbness
- Develop coping mechanisms for dealing with difficult emotions
- Build healthy relationships
- Find meaning and purpose in your life

If you're ready to start healing from the pain of the past and live a more fulfilling life, then this book is for you.

## What others are saying about Numb: Find Healing in Feeling

"This book is a lifeline for anyone who has ever felt numb. It's a practical guide to help you reconnect with your emotions and heal from the pain of the past." - Dr. Gabor Maté, author of In the Realm of Hungry Ghosts

"Numb is a powerful and moving book that will help you understand the root of your numbness and find healing. I highly recommend it." - Bessel van der Kolk, author of The Body Keeps the Score

"This book is a must-read for anyone who has experienced trauma. It's a compassionate and supportive guide to help you heal and find your way back to life." - Oprah Winfrey

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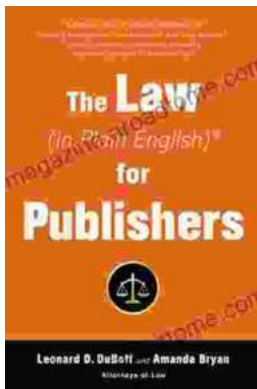
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