

## AVAILABLE FOR INTERVIEWS

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### **Regenerating Images in Memory (RIM) AWARD-WINNING PSYCHOTHERAPIST DISCUSSES HOW YOUR HIDDEN EMOTIONAL STATE CONTROLS YOUR LIFE**

Stress, frustration, anger and humiliation can lead to unpleasant and toxic situations and relationships in your personal and professional life. According to a report from the U.S. Department of Health and Human Services, stress-related and stress-induced illnesses account for 70-80% of the 1 billion visits to the doctor annually. They also estimate that stress contributes to 50% of all illness in the U.S. and the cost of job stress rides around \$200 billion.

Dr. Deborah Sandella, PhD, RN, author of *Goodbye, Hurt & Pain: 7 Simple Steps to Health, Love and Success* [Conari Press, Sept. 2016], knows this better than anyone. Her own emotional state compelled her to pursue new psychological directions, leading her to originate the groundbreaking RIM technology. After over 20 years in psychotherapy practice, Dr. Sandella knew there was a key piece missing to truly unlock the negativity in our lives. Through the use of the neuro-scientifically grounded RIM techniques, she has learned that each of us has an organic emotional system that inherently knows how to boost positive feelings and dissolve negative ones.

“It operates similar to an emotional self-cleaning oven that makes life easier, yet you still need to turn it on,” says Dr. Sandella. “An individual RIM session can transform one’s significant relationship. I’ve seen many marriages transform when one or both partners dissolve deep buried anger from forgotten times. They had no idea how much those old, hidden emotions were leaking out in their current relationship and, when these past causal events were defused and regenerated in a positive way, remarkable changes happened automatically.”

In an eye-opening and potentially life-changing interview, Dr, Sandella can discuss:

- The RIM technique – which illuminates the invisible barriers in your body and subconscious stopping you from having what you want, so you can break through them
- How the RIM process creates inner emotional safety from the inside out rather than changing external conditions
- 7 steps to free ourselves from being stuck in the negative
- How daydreaming helps us solve emotional problems
- The good about anger and the bad about empathy
- The quickest way to stop feeling overwhelmed by uncomfortable emotions
- Why you DON’T have to talk about your emotions – talking is NOT the answer
- How to regenerate a painful event with a happy ending

**Dr. Deborah Sandella is an award-winning psychotherapist, university professor, and the originator of the groundbreaking RIM Method, which is a heavily-backed neuroscience tool for reducing stress and improving the quality of life. She has been called a “master healer,” and has been helping thousands of people find themselves over the past 40 years. Dr. Sandella has frequently shared the stage with Jack Canfield, originator of the *Chicken Soup For the Soul* series and, with him, she has co-authored *Awakening Power*, a guided meditation program and instruction booklet. She has been acknowledged with numerous professional awards, including Outstanding Clinical Specialist, Research Excellence, and an EVVY Best Personal Growth Book Award.**

**Learn more about Dr. Sandella at [www.RIMinstitute.com](http://www.RIMinstitute.com) and [www.GoodbyeHurtandPain.com](http://www.GoodbyeHurtandPain.com). Connect on [@drdebsandella](#) and [Facebook](#).**

***Goodbye, Hurt & Pain: 7 Simple Steps to Health, Love and Success* is currently available for pre-order on [Amazon](#) and will be available through all major booksellers on September 1, 2016.**

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