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***Goodbye, Hurt & Pain:***  
***7 Simple Steps to Health, Love and Success***  
**By Dr. Deborah Sandella, PhD, RN**

**REGENERATING IMAGES IN MEMORY (RIM)**  
**— A Cutting-Edge Approach to Understanding the Root of Your Emotions**

***“Every once in a while, you read a book that has a profound personal impact on you. This book will do that. It is written from the heart in a down-to-earth way that will touch you intimately—and probably change your life.”***  
**-Jack Canfield, Co-Creator of Chicken Soup for the Soul ® Series**

Emotions and feelings are invisible and often ignored and, when not addressed, can have a toxic impact on your relationships and overall physical and mental health. It’s time to tackle our emotions, flush the negativity out of our system, and establish a self-understanding that will change the way we see the world, as well as how we interact and respond to people and situations.

In ***Goodbye, Hurt & Pain: 7 Simple Steps to Health, Love and Success*** [Conari Press], Dr. Deborah Sandella, PhD, RN uses cutting-edge neuroscience research and her revolutionary Regenerating Images in Memory (RIM) technique to show how blocked feelings can hold us back from getting what we want. Dr. Sandella teaches us to move destructive feelings such as fear, anger, hurt, resentment, and envy out of the body, which is not achieved through discussion but rather by understanding the unique inner connection of our left and right brains. Tapping into the right brain creativity, sensitivity and emotions through Dr. Sandella’s groundbreaking techniques helps identify the deep rooted inner feelings which feeds our left brain to deliver the message we truly desire.

“Once you know how to dial into your feelings, your native emotional intelligence begins to respond much like a self-cleaning oven, problem-solver, and success magnet,” says Dr. Sandella. “And results come quickly. You will find yourself resolving deep-rooted problems and manifesting your dreams at speeds as fast as Google drops search results.”

Through amazing real-life stories in *Goodbye, Hurt & Pain*, Dr. Sandella will expand your conscious thinking and unconscious beliefs to allow you to trust that saying goodbye to painful feelings and memories is easier than you've ever imagined. She teaches us that emotions are not good or bad but simply a radar of our inner emotional well being. "Feelings engage a process not a conclusion," adds Dr. Sandella.

In this inspiring and motivating manual for managing and ramping up your emotional intelligence, you'll discover:

- The secret to Dr. Sandella's RIM technique, which is an inventive way to uproot emotional barriers and live your best life
- How letting go of old feelings and traumatic memories makes people feel and look younger, lighter, more energized, and less burdened
- Feelings are predictable and controllable—when you know how they work!
- Why it's crucial to reduce overwhelming emotion into controllable form, and how to manage it effectively
- Seven simple and speedy tools for eliminating unnecessary suffering in your daily life
- How anyone can renew their emotional equilibrium whenever they need to and master their emotions in the blink of an eye

**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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