

Psychotherapist conveys refined approach to negative emotions

By **Christina Acosta** - October 9, 2016



Dr. Deborah Sandella's new book, "Goodbye, Hurt & Pain: 7 Simple Steps to Health, Love and Success," discusses the importance of removing RIM technique (Courtesy photo)

After an unbalanced emotional state in her life, Deborah Sandella, PhD, RN did not know she would find her future patients cope with negative emotions.

As a psychotherapist for over 20 years, Dr. Sandella knew there was a key piece missing to truly unlock the door to discover the groundbreaking Regenerating Images in Memory (RIM) Technology. Through the use of this technology, she has learned that all humans have an organic emotional system that knows how to boost positive feelings.

In her new book, "Goodbye, Hurt & Pain: 7 Simple Steps to Health, Love and Success," available on Amazon, Dr. Sandella would like for everyone to reach a positive outlook on life. In her book, she expands on a human's unconscious beliefs to allow readers to say goodbye to painful memories and feelings.

For Dr. Sandella, it was time to give people a manual to learn how to tackle these emotions, flush out negativity, and establish a self-understanding that will change the way they see the world, as well as interact and respond to it.

"I think that it is important to have a way to express the frustration in a safe way where nobody gets hurt. We do not want to shut people down, but how to express stress and frustration in a constructive way. To work on how to express our emotions will help us learn self-control."

Stress-related and stress-induced illnesses account for 70-80 percent of the 1 billion visits to the doctor according to the U.S. Department of Health and Human Services. The department also estimates that stress-related illness in the United States and the cost of job stress runs around \$200 billion.

Fortunately, Dr. Sandella recommends following easy directions at home or at work to cut down on the stress. She shares seven simple and speedy tools to eliminate unnecessary suffering in life and thus lead to a renewed sense of well-being. She becomes aware of how to let go of old feelings to feel and look younger, lighter, more energized and less stressed. She reduces overwhelming emotion into controllable form to manage it effectively.

"[The book] can be used at any time and it contains the issues you are having to address to get rid of them. It is a gift to anyone who would like to leave their negative emotions in the past and leave the positive in the future."

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