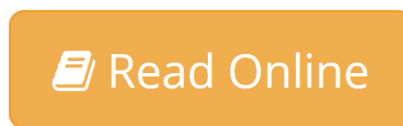


## Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts

By John F. Westfall



### Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall

A compassionate pastor equips readers with biblical wisdom, encouragement, and strategies to get past what they'll never get over.

 [Download Getting Past What You'll Never Get Over: Help ...pdf](#)

 [Read Online Getting Past What You'll Never Get Over: He ...pdf](#)

# Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts

*By John F. Westfall*

**Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts** By John F. Westfall

A compassionate pastor equips readers with biblical wisdom, encouragement, and strategies to get past what they'll never get over.

## **Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts** By John F. Westfall **Bibliography**

- Sales Rank: #132635 in Books
- Brand: Baker Pub Group/Baker Books
- Published on: 2012-10-01
- Released on: 2012-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .57" w x 5.50" l, 1.95 pounds
- Binding: Paperback
- 224 pages

 [Download Getting Past What You'll Never Get Over: Help ...pdf](#)

 [Read Online Getting Past What You'll Never Get Over: He ...pdf](#)

## Download and Read Free Online Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall

---

### Editorial Review

From [Booklist](#)

Westfall has an alternative for those grappling with the "rub some dirt on it" approach to dealing with pain and heartache. Rather than suffer the dual insult of a painful experience and the inability to get over it, he suggests that we become comfortable with the permanence of our wounds in order to truly come to terms with them. The founding pastor of Seattle's Harbor Church, Westfall walks readers through discussions on fear, bitterness, and other negative emotions that bind us to past angst, in an easy, approachable manner. He draws upon a host of personal experiences culled from his own life and those of his family members and friends to paint intimate portraits of how life's hurts and disappointments can stymie us, and how to make peace with them. Westfall is always careful to draw the reader's attention back to scripture and its usefulness in emotional problem solving, but he does so in a way that won't scare off more secular readers. For those seeking a gentle, faith-based approach to coping with trauma, this volume is just the thing. --Taina Lagodzinski

### Review

"Westfall has an alternative for those wrestling with a "rub some dirt on it" approach to pain and heartache. He suggests we get comfortable with the permanence of our wounds, in order to truly come to terms with them. Westfall walks readers through discussions on negative emotions that bind us to past angst, in an easy, approachable manner. He draws upon a host of personal experiences to paint intimate portraits of how life's hurts and disappointments can stymie us, and how to make peace with them. For those coping with trauma, this volume is just the thing."

BOOKLIST Oct 15, 2012

From the Back Cover

Everybody has stuff they can't get over!

**Sometimes you can't just pick yourself up and move on.  
But even then, there is hope.**

When hard times strike, we long for the day when we will "get over it" and have closure. This is a difficult--often impossible--road to travel. There are some things in life that we must learn to live with because they will never truly go away for good. Despite that truth, there is life--rewarding and abundant life--after heartache and pain.

With deep compassion, John F. Westfall leads you beyond your pain and into a life of confidence, freedom, and secure joy. With humor and vulnerability, he shows you how to move forward beyond fear, regret, guilt, and bitterness into a life worth living.

You may carry the wounds of the past, but that doesn't need to keep you from living a hope-filled future.

**John F. Westfall** is founding pastor of Harbor Church, a creative new congregation in the Pacific Northwest, and has pastored churches in Washington, California, and Minnesota. A former radio show host, an ordained pastor, an adjunct professor at Fuller Theological Seminary, and a popular retreat and conference speaker,

John lives in the Seattle area with his wife, Eileen, and their dog, Maggie, who appears to have a personality disorder.

## **Users Review**

### **From reader reviews:**

#### **Patricia Smith:**

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a move, shopping, or went to typically the Mall. How about open or even read a book entitled Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts? Maybe it is to become best activity for you. You know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have additional opinion?

#### **Derrick Robertson:**

The e-book untitled Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts is the e-book that recommended to you you just read. You can see the quality of the book content that will be shown to you. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of study when write the book, therefore the information that they share for your requirements is absolutely accurate. You also could get the e-book of Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts from the publisher to make you considerably more enjoy free time.

#### **Ruth McMillian:**

Beside this particular Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts in your phone, it can give you a way to get nearer to the new knowledge or details. The information and the knowledge you may got here is fresh in the oven so don't always be worry if you feel like an old people live in narrow town. It is good thing to have Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts because this book offers to you readable information. Do you occasionally have book but you would not get what it's about. Oh come on, that won't happen if you have this inside your hand. The Enjoyable arrangement here cannot be questionable, such as treasuring beautiful island. Techniques you still want to miss the idea? Find this book in addition to read it from now!

#### **Daniel Colon:**

As we know that book is important thing to add our understanding for everything. By a e-book we can know everything we want. A book is a set of written, printed, illustrated or perhaps blank sheet. Every year had been exactly added. This publication Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts was filled regarding science. Spend your time to add your knowledge about your research competence. Some people has various feel when they reading some sort of book. If you know how big advantage of a book, you can sense enjoy to read a publication. In the modern era like right now, many ways to get book you wanted.

**Download and Read Online Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall  
#BZPTV6D9YCJ**

## **Read Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall for online ebook**

Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall books to read online.

### **Online Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall ebook PDF download**

**Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall Doc**

**Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall Mobipocket**

**Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts By John F. Westfall EPub**