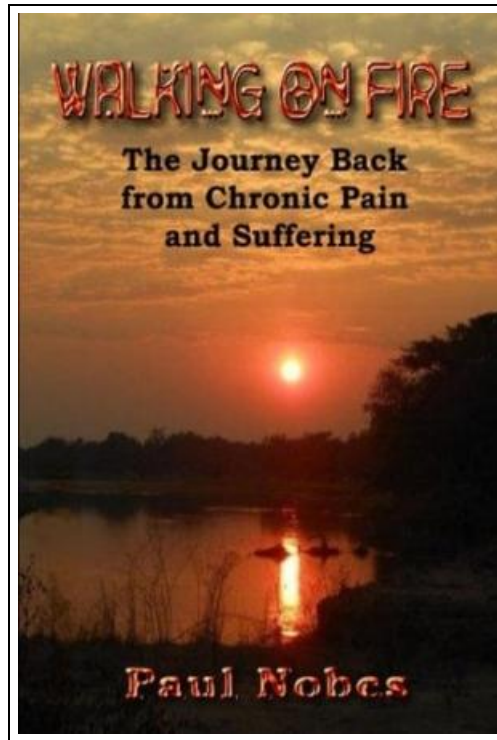


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(Marcia McDermott)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Walking On Fire: The Journey Back from Chronic Pain and Suffering contains the message that no matter what pain and suffering you re experiencing there are ways to control it, overcome it, and live life to the fullest in spite of it. Having grown up in Harare and Zimbabwe, Africa, Nobes incorporates the survival lessons he learned into practical tools and techniques for enduring physical, emotional and spiritual pain. His harrowing, colorful (and often humorous) stories of adversity in the African Bush are perfect examples of how to face obstacles and challenges life tosses at you. Daily trials and adversities can be a challenge and can weigh you down, so sometimes you need your own private little treehouse where you can get away from it all and become rejuvenated and revitalized. Paul s goal is for his OASIS OF HOPE AND HEALING website and books to become a safe haven for like-minded people (like you!) to become energized, supported and nurtured, and to live a healthy, happy, exciting life. You may have experienced the devastating effects caused by the ravages of physical, emotional, and psychological pain. Everyone who suffers from a chronic condition creates their own methods and levels of endurance. But once those methods are implemented in a more structured healthy way, there is light at the end of the tunnel. Throughout Paul s years of recovery he met people who also suffered from excruciating pain, and through their encouragement and support he exchanged anger and resentment for courage and faith. They altered his attitude and lifted his spirits, and through bonding and mutual support everyone learned to speak the language of HOPE. The...



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