



Healing the Hearts of Broken Men

Michael S. Figgers

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Are you hurting inside and feel that there is no end to the pain? You are not alone. Emotional pain is a condition that so many men struggle with daily. Life is filled with experiences that often leave men' hearts broken. Different types of abuse, along with rejection, disappointments, and loss are a few of the life-altering experiences that can leave hearts wounded and torn. Although many of the experiences that cause pain begin during childhood and adolescence, the devastating affects transfer right into adulthood. Often, young men are trained to think that they are not to express their feelings because that shows vulnerability and weakness. They are taught that men are to be strong, tough and invincible. Any expression of hurt, guilt, pain or disappointment equates to being less than a "real man". Thus young men find themselves hiding their feelings and camouflaging them with sports, sex, money, work, or something else that will keep them from acknowledging the truth within. Healing the Hearts of Broken Men uncovers the root of the pain men conceal. It unveils not only the symptoms, but also the causes and effects of emotional pain. Moreover, this book offers practical biblically-based solutions for the havoc that inner hurts can reek in an individual's life. Healing the Hearts of Broken Men is medicine that frees the captured mind, mollifies the deepest wounds, and instills the determination necessary to live in joy again. This book includes real life testimonies of persons who have overcome emotional trauma and are now living a better life fill with peace and joy. So if you want joy, peace, and healthy emotions? Get your own personal copy of healing the Hearts of Broken Men and let's begin the journey to emotional happiness today!

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