



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

John F. Westfall

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When hard times strike, we look forward with longing to the day when we will "get over" the event 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.

John F. Westfall leads readers beyond their hurts and into a life of confidence, freedom, and secure joy. Sharing stories with wisdom, humor, and vulnerability, he shows how to move forward beyond fear, regret, guilt, anger, and bitterness into a life worth living.

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

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From Reader Review Getting Past What You'll Never Get Over: Help for Dealing with Life's Hurts for online ebook

Timber says

This was an ok book. I liked some of the stories, but I skimmed some, too. This isn't a very useful how-to grief book. But I finished it so it wasn't a terrible read either.

Natalie Mangrum says

Not much scripture. Just good suggestions based on authors experience. Worth at least skimming through if you're experiencing suffering and want some strategies to help you process through stuff.

Susan Morton says

I loved reading this book was very interesting funny true and had a wide range of experiences to learn from and thought the book was brought across well inspired me loads and just made me feel good generally

Rita says

It really helped me through my ordeal in life. i learned a lot about things I'll never get over, but that I will be able to live with once I accept, forgive, stop and begin again.

Susanhayeshotmail.com says

A few good tidbits but it took me forever to read this slender little paperback and that's always a sign. Not bad, just not enough. In the vein of advice being worth what you pay for it, I got my 50 cents worth.

Shar says

I'll sum this 220+ book up in a sentence. Trust in God, forgive others, and get a different perspective on your issues.

Sharon K. Woolsey says

Getting Past What You'll Never Get Over

Helpful information about understanding there are things in our lives we never get over. To progress to acceptance we must quit reliving the hurt, emotion, etc. Before we can move on with life anew. A book worth reading for all.

Debra says

Just another book with the initially hidden message, convert to Christianity & all your true problems will be solved

I'm tired of these books pretending to be genuinely therapeutic for issues like grief, or sense of loss, self discovery, or self-improvement... ways to be a better person to yourself & those around you, etc) only to find that the authors true mission isn't to offer practical or actual help or answers the reader might actually benefit from, but rather to push his/her true agenda, religious conversion.

Sherilyn Young says

This is a very good book, and has helped me a lot. It's from the prospect of someone who has dealt with Depression himself, I finding that I listened to people that have been through a experience like this and have come through the other end. I rarely give a book 5 Stars. But this one totally deserves. I would highly recommend to anyone struggling with past hurt or issues.

Christine L says

I took a few tidbits of helpful information away from this book but for the most part I found it tedious and not very helpful.

Mary Ellen says

This book helped me tremendously! It plucked out so many instances that I have been through and feelings I've had and still have and let me see that other people have the same things happen. It helps to know you are not alone and that sometimes life just sucks and sometimes you can do something that will ease your pain or angst. Excellent! I am buying this book!

Rose Bud says

This book was a disappointment. It doesn't seem inspired by the Holy Spirit at all. In fact He's never really mentioned at all. This seems to be an effort the author made in his own strength using psychiatric exercises to control anger and things like that. Grace is mentioned but not quite enough in my opinion. Getting past things we'll never get over takes a lot more than changing our thinking. We can't successfully change our thinking anyways. The Holy Spirit must renew our minds and transform us by the washing of the Word. We can get past what we can't get over with the grace of God.

Another issue I have with this author and his book is that he talks about his wife being brutally beaten by an armed robber in their home. She got out and none of her neighbors would let her in their homes. They ignored her. The author goes on and on about his personal issues which seem petty in the light of what his wife suffered. I would have much rather have read his wife's story of how she got past what she'll never get over. I'd like to hear how she coped and what got her through. She should have written this book instead of her husband.

Denise says

I think it took me until halfway through...

I think it took me until halfway through the book before I started to feel like it was worth my time to finish it, probably because I was hoping for something that was more therapeutic.

Amy says

I'm not sure how this ended up on my Nook, but I don't like these types of books (self-help). At about halfway through reading it, I started skimming to finish it.

Kimberly says

I really enjoyed this book. He is so real and authentic the way he discusses the feelings that come from bad life experiences. I always felt peace inside after reading from this book. I like how he references both the Bible and secular sources. The only thing I wish he had included was a bit more detail on the experience that led him to write this book, but it is understandable why he may have chosen not to. If you have experienced something that feels insurmountable, I recommend this book.
