

A woman with long blonde hair, wearing a white lace long-sleeved top and a light blue skirt, is captured mid-jump on a sandy beach. Her arms are raised high in the air, and her hair is blowing in the wind. She is barefoot. To her right, a brown suitcase sits on the sand. The background shows a clear blue sky and the ocean. The overall mood is one of freedom and joy.

Hopeless to Healed

Strategies to
Eliminate Emotional
Baggage

BE RESTORED, REFRESHED, AND RENEWED



Have you ever thought, “If only I could get free from the pain of my past and start living life without the constant reminder of the hurts, trauma, and wounds I've suffered?” If so, this might be the most important report you read all year. Here’s why...

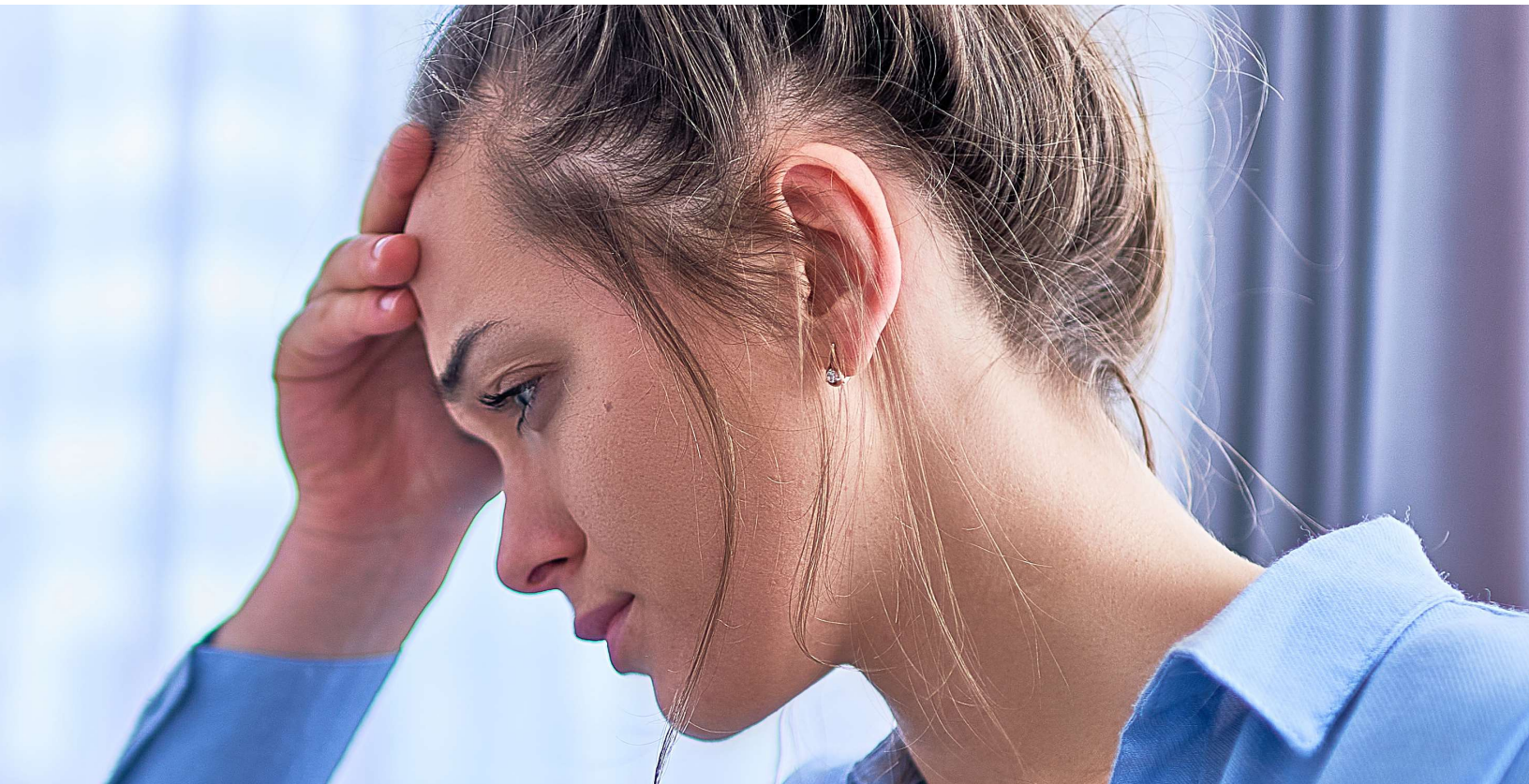




HAVE YOU EVER SAID ANY OF THESE THINGS?

- ① I don't know how to stop the thoughts in my head that continually remind me of my past...
- ① I don't know where to find the peace I long for...
- ① I don't want to walk through the rest of my life dragging my past behind me...
- ① If I could only find a way out of this nightmare....

If you can relate to any of that, then this special report is going to be life-changing for you.





WHAT YOU'RE GOING TO GET...

In this report, you are going to discover the top 5 Strategies to Eliminate your Emotional Baggage fast!

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem doesn't make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore the wounds and trauma of your past these are the long-term results you are very likely to get:

- ① Repeated depression from constant reminders of what you've suffered.
- ① Living with broken relationships.
- ① Lack of peace, joy, and contentment.
- ① Physical Illnesses that stem from your emotional and spiritual ill-health.



WHY SHOULD YOU LISTEN TO ME?

For 20 years I pursued my professional career as my personal life slowly and completely fell apart. My husband was bipolar but refused treatment. I lived a life of turmoil with him. I never knew what to expect. My life was one of extreme stress and trauma as I lived with his constant emotional and sexual abuse. Fear, bitterness, resentment and, disappointment in myself were the order of my day. I despised whom I had become. This lifestyle caused many bad habits, behaviors and, thought patterns to develop which demonstratively affected my walk with God. And most of all, I lost sight of the things that made me happy! I was **overworked, overstressed, and overwhelmed!**

Four years ago, I learned the important Scriptural principle regarding “soul healing”. I set my heart and mind to get my soul set free from the pain of my past. Now, as I am on the other side of the horror of my past, I am free to be me! Free to be the woman God created me to be. Free, with a passion to help you drop the baggage of your past to live with joy and peace in who you are and in the healthy relationships you deserve! Just like me, you can be restored to whom you were created to be; refreshed in the joy, peace, and contentment you long for, and renewed in your relationship with God and those he has placed in your life.



HOPELESS TO HEALED



God Wants To Transform Your Wounds, Pain, Hurts, And Sorrow Into A Life of Joy, Peace And Contentment!

Now let's look at the top 5 ways to Eliminate Your Emotional Baggage. Let's dump that "Junk in your Trunk" and set you on a new path to joy, peace, and contentment. If you will apply these specific steps, you will soon be Restored, Refreshed, and Renewed to enjoy your best life ever!



1: WHY OVERANALYZING DOESN'T WORK...AND WHAT DOES!

Do you analyze the actions of others toward you through a lens of self-doubt and criticism? Do you tend to easily take on guilt and shame for what you perceive people think about you? Well, you're not alone. People who are wounded tend to analyze themselves as deserving of the wounds they receive. This could not be farther from the truth. The devil is the accuser. He wants to keep you from the abundant life promised in Scripture. John 10:10 says "I have come that you may have life and have it more abundantly."

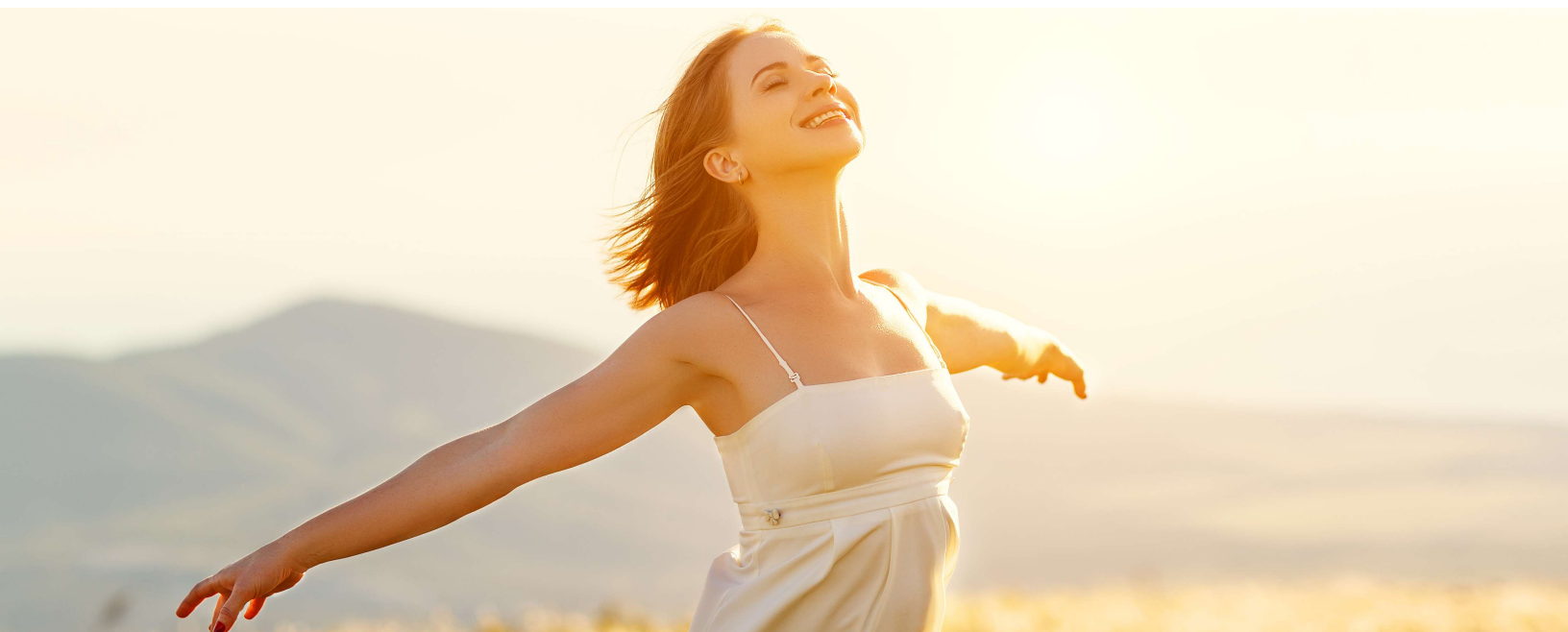




Susan H. was seeing a psychologist when I met her. She was learning to develop coping skills to deal with a lifetime of abuse from her family. Susan felt inadequate in every area of her life and these feelings kept her from having close relationships with others. She was deeply wounded and her wounds kept her from living a normal life; a happy life. I met Susan on a Hopeless to Healed Strategy Session where I meet 1-on-1 with women who have been wounded by the scars of life to help them heal and restore their life; identify their #1 obstacle to achieving their goal; and map out a 3-step action plan to help them get beyond the pain of their past, develop a new outlook on life, and live the rest of their life in joy, peace, and contentment.

Susan almost didn't reach out to me because she felt she was already getting the help she needed from her psychologist. In talking to Susan, I discovered that her top constraint was feeling she didn't have the confidence to believe my program could truly help her. I helped Susan blueprint a plan of action. She implemented the plan and after two sessions she began to experience transformation in her thoughts about the offenses she has lived with for so long. Now she understands she was a victim of the abuse she received and has developed more control over her life. The freedom she has received has helped her to start the process of healing shattered relationships.

**STEP OUT OF
YOUR PAIN AND
INTO YOUR
PURPOSE!**



2: LIVE CONFIDENTLY IN THE POWER OF A SOUL SET FREE!

Your story may not look exactly like Susan's, however, you too have a story! We all have a story! No one is immune from the work of the devil in their life. His job is to steal our peace, kill our joy and destroy our life. God wants to restore what Satan has stolen from you. This can and will happen through emotional soul healing! Have you ever walked through a Fun House of Mirrors? As you look at yourself in each of these different mirrors, you may look tall in one, short in another, fat in one, and skinny in another. As you walk through you see yourself in different ways. If you are short and long to be tall, that's the mirror you want to stand in front of. If you feel you need to lose weight, you linger in front of the mirror that makes you look thin. We all have perceptions about who we are and about what other people think of us. Most of these perceptions are based on our life experiences. If we have lived a life of trauma or have been consistently offended, our soul (the receptacle of these wounds) becomes wounded and we begin to see ourselves through these wounds. Jesus came to set us free from sin and the wounds we carry. He wants us to see ourselves the way he sees us. King David truly understood the principle of soul healing. The Psalms clearly show his desire to keep his soul free so he could be used by God to do great things.



Jesus wants us to live in the power of a soul set free so he can use us as well to do great things for the Kingdom here on earth. Soul Healing is a principle of the Kingdom that many are either unaware of or do not understand. If you will follow the steps I laid out in this report, you too can be set free from the scars, the wounds of your past. You can live confident in who you are and begin to walk securely in the plan God has for your life!



3: EXPOSE FEAR AND TAKE AWAY ITS POWER

It's time to release those hurt, painful, and fearful emotions and kick them to the curb! Hanging onto fear, hurt, and shame keeps you in bondage to your emotions. It is vital to open up and allow the Lord to heal your wounds. Jesus paid the price for the healing of your soul and to set you free from the bondage that you have come under from the hurt and bruises that have become baggage in your soul.

When I met **Laura M.**, she was a new believer, living in the carnage of her deep childhood wounds. She felt she knew God, but could not relate to him as her Father. Her soul was full of loneliness, rejection, and shame because she and her siblings were taken away from her alcoholic parents and brought up in foster homes. I connected with Laura on a Hopeless to Healed Strategy Session. She was convinced she would live the rest of her life with feelings of shame and rejection. She was afraid to go down the path of healing.



Laura almost didn't reach out to me. She felt she might not be able to make the time commitment. In talking to Laura, I discovered her top constraint was she volunteers part-time and thought her commitment to this program might interrupt her volunteer service. I prescribed a specific course of action that worked out perfectly for her. Laura implemented the plan and her emotional chains fell off. She now walks in peace and is finally content with her life. **Fear is a false façade that stands between you and your freedom! Jesus came to set the captive free!**



4: STAY FREE AND LIVE VICTORIOUSLY!

In my group sessions, many women who participated were living with self-image issues, self-doubt in who they were and what they could accomplish once set free from the baggage of their past. God wants to restore you to whom he created you to be before sin, offense, trauma and generational iniquity entered your soul. He wants you to be progressively transformed by the renewing of your mind—the way you have been thinking, your destructive habits, and your thought patterns. He wants to change your mind—the way you think about yourself and who you TRULY are—not whom you have come to believe you are because of your wounds and life experiences!



GO FROM HOPELESS TO RESTORED, REFRESHED AND RENEWED!

5: DROP YOUR BAGGAGE AND KICK IT TO THE CURB!

Over the past several years I have worked with many women with deep wounds, robbing them of living their best life--the life God wants for us...1 John 1:3 states "I would that you would prosper, even as your soul prospers." Our soul houses our mind, our will, our emotions, and our intellect. The enemy uses our mind, will, and emotions to cause us to sin against God and, therefore, lose our victory, our peace, and joy. He uses our sin to disrupt the plan God ordained for us. God's purpose is to heal those wounds and the stain of sin keeping you from the abundant life he has planned for you! He wants to set your soul free! When these women began to change the way they think about themselves and learned to love themselves and to see themselves as worthy of the love of others, they began to heal.

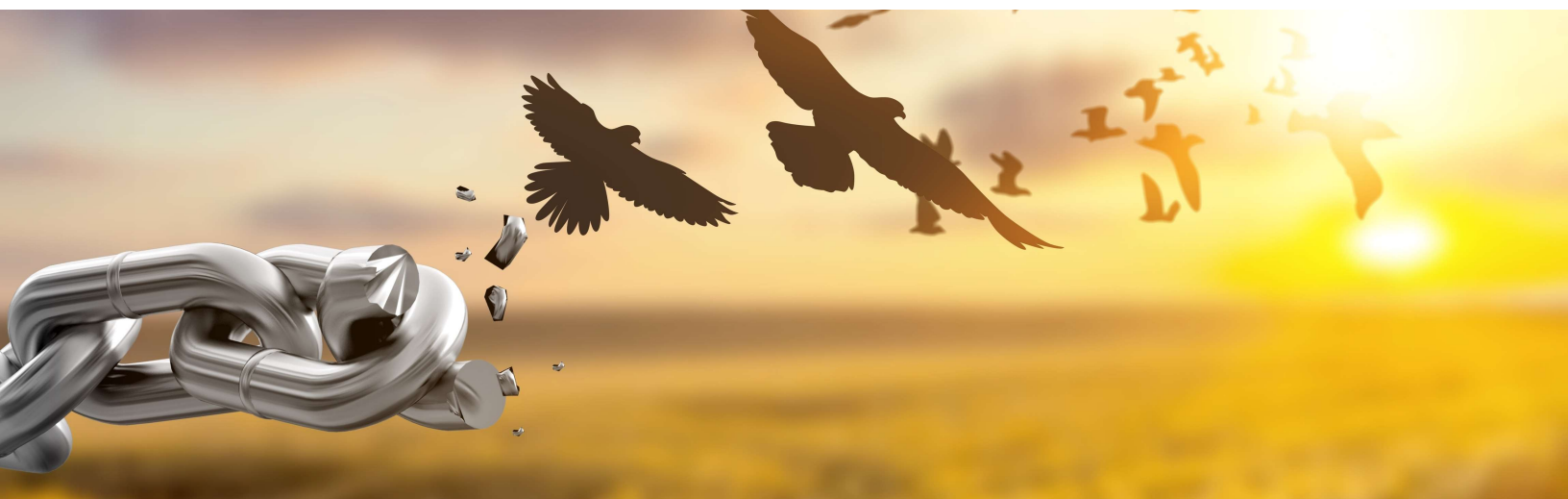


When I met **Angela S.**, she was living in self-doubt and self-loathing. She felt alone, miserable and depressed, because she considered herself a failure in life—failed marriages, failed finances, failed weight-loss success. I met Angela on a Hopeless to Healed Strategy Session. She confessed her situation was hopeless. There were too many wounds, scars from her past, and to comfort herself she overate gaining over 100 lbs. She was depressed and discouraged.

Angela almost didn't reach out to me because she felt she could not financially afford to work with me. In talking to Angela, I discovered that her top constraint was her lack of self-worth and I helped Angela blueprint a plan of action and a way for her to financially step into the program. She implemented the plan and in the week following her first session, she reported her outlook had changed and she had lost 6 lbs. Now Angela feels excited and eager to proceed through the program because she now has the desire to change her life and the drive to do so. I say...“let's have an emotional baggage-burning party!”

***These women are actual clients; however, their names have been changed to protect their privacy.**

Susan, Laura, and Angela are just a few of the women I have helped through the soul healing process. They committed to seeing their wounds healed and now they are beginning to enjoy the life of "a soul set free".





If you want to enter a place of power over your hurt and wounds and walk in the plan of God for your life, follow these five steps, and if you want to get these results even faster, I invite you to book a free 1-on-1 Hopeless to Healed Strategy Session with me.

On this fast-paced call, we'll look at your background, experience, and current situation, and we'll see what's possible for you in terms of stepping out of your past and into the abundant life God has waiting for you in the next year. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from the life you deserve, kick your past to the curb, and move forward to follow your dreams refreshed, restored, and renewed! We'll map out a plan to get you where you want to go faster. You'll leave the call feeling clear, confident, and excited about finally taking control of your life.

To schedule your free “Hopeless to Healed” Session with me, [CLICK HERE NOW](#).

Peggy Grimes
Life Coach

