

**Some of the most helpful books for me on  
EMOTIONAL & SPIRITUAL HEALING**

*Wanda Viola*

This is a short list of recommended books I read especially during the first ten years of my healing journey (during the 90s). I've listed them in the order I read them. There are many more books I have read that have been very helpful, but I lost the list I had years ago (before computers) and many of my healing books are packed. These are the ones I recall that made some of the biggest impressions (other than the Bible, of course!)

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David A. Seamands, *Healing for Damaged Emotions and Healing of Memories*. (I found one of David's books by my mother's bed after she died and I read it. Few Christian healing books were available in 1986. David really helped me as he explained the connection between adult problems and childhood wounds—which we all know now.)

Leanne Payne. *The Broken Image & Healing of the Homosexual*. (Leanne was the first person to SHOW me by her stories of praying with people who had confusion and pain in their sexual lives how the Holy Spirit can heal people and make them whole.)

Mario Bergner. *Setting Love in Order: Hope and healing for the homosexual* (Mario was greatly helped by Leanne Payne's ministry. The book describes his journey to sexual wholeness through prayer, scripture, and diligently pursuing God. I saw early in my journey how God could transform a life from sexual distortions as we forgive those who hurt us. Mario's ministry: <http://redeemedlives.gutensite.net/Mario-Bergner>

Daniel Allender Ph.D. *The Wounded Heart & Bold Love*. (The *Wounded Heart* is excellent for those sexually abused as it talks about ambivalence and the emotional struggles we often don't understand and have a hard time defining and talking about.)

John, Loren & Paula Sandford. *Transformation of the Inner Man & Awakening the Slumbering Spirit*. (These showed me how the Spirit leads in prayer to find the roots of the deepest wounds and speak clearly to bring true healing. Pioneers in this field!)

Paula Sandford. *Healing Victims of Sexual Abuse*. (This book was very helpful for me at a time when few Christians were talking about sexual abuse. She also has a very good chapter on those helping the abused. Website: [www.ElijahHouse.org](http://www.ElijahHouse.org))

*Life Model: Living with the heart Jesus gave you*. (Put together by the staff at Shepherd's House in Pasadena [www.lifemodel.org/wordhtml/shmain.htm](http://www.lifemodel.org/wordhtml/shmain.htm) . This book shows the two kinds of traumas we can have as we grow up: Trauma A is what we didn't get that we needed & Trauma B is direct wounding from others. <http://www.lifemodel.org/topic.php?rn=7&page=0>) We need to heal in community.

James Wilder, Ph.D. and Chris M. Coursey. *Share Immanuel: The Healing Lifestyle*. (This explains how God's presence in an *Immanuel Healing Prayer* session leads us to deeper truth and greater freedom. Derived from Dr. Karl Lehman's ([www.kclehman.com](http://www.kclehman.com)) further development of *Transformation Prayer Ministry*. <https://www.transformationprayer.org>.

Francine Rivers. *Redeeming Love*. (This has become the book of the year for 2011 for our family. Amazing story of a child sold into sexual slavery who is married by Michael Hosea and loved as Christ loves the Church. A must read!)