

SOUL MEND



Discover Spiritual and Emotional Health



Luann Dunnuck, Th.D

It is an honor to know Luann and I feel privileged to have been able to walk with her through parts of this journey where the wisdom she pens in this book was gained. There is a vast treasure in the pages ahead to help those who are “drowning” and may feel unable to free themselves. I remember a sweet time of prayer with Luann crying out for people to be fully free and wholly healed. This book is fulfillment of that prayer. If you have a desire to walk in total wholeness or you desire to come alongside of others to help them reach their full potential, this book is a “must read.” Thank you, Luann, for fighting through the battle, for taking the time to capture the wisdom learned, and for putting it into book form so that others can walk in wholeness.

—PASTOR VERA LILLEY
DAUGHTER OF GOD, PASTOR’S WIFE, MOTHER, FRIEND
FIRST ASSEMBLY OF GOD, WATERBURY, CT

As a pastoral counselor, I have seen the connection between emotional and physical health. In *Soul Mend*, Luann pens out how to recognize toxic emotions that may be at the very root of the problems in your life, keeping you bound from experiencing freedom, health, and healing. Luann shares from her own life experiences and the journey that led to her own freedom and healing, which has produced in her a passion to help others receive emotional and physical healing. What I like about this book is that it is a practical, informative guide that gives you the “*how to*” meant to help the reader on their personal journey to wholeness. Luann leads you from toxicity to wholeness. I highly recommend this book if you are serious about walking in true freedom and wholeness. If you are a pastoral counselor, clinician, or doctor, this is a must read!

—CARMELA MURATORI
COFOUNDER, CALVARY LIFE FAMILY WORSHIP CENTER
CERTIFIED PASTORAL COUNSELOR

Soul Mend is a refreshing change from the humanistic approach to wholeness. With solid scientific evidence, Luann shows you how the Holy Spirit brings real wholeness to your body, soul, and spirit. This book can help you get to the root of your issues and will help you to go deeper in your relationship with Jesus. If you are living a life that is limited and controlled by fear, you need this book. If you are living with chronic illness or pain with no known

cause, you need this book. Luann is a living example of how God uses our trials and tribulations to equip and prepare us to minister to others. *Soul Mend* will help you to experience freedom in Christ and live a life that brings glory to God.

—REV. SHARON B. FRANKEL

ORDAINED MINISTER

ASSEMBLIES OF GOD SOUTHERN NEW ENGLAND MINISTRY NETWORK

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This book is dedicated to the reader, to the person who is discouraged and frustrated, to the one who has almost given up hope and faith. Change is on the horizon. It is my prayer that you will find redemption and transformation in the area of your struggle. It's through the kindness of God that we are restored to wholeness.

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INTRODUCTION

I BELIEVE THIS BOOK is going to bring healing to your mind, body, and your spirit. Before you begin this journey of healing, I want to briefly share with you how to use this book to receive the most benefit from it. There are three components to receive healing from the damaged emotions that plague us.

1. **Identify the root or the why behind your struggle with a specific emotion(s).** As you read the chapter on the emotion you struggle with I believe the Holy Spirit will show you the “why” behind your struggle. It’s important to know why, because you cannot fix a problem that you cannot identify. The Holy Spirit is the best Counselor, Wisdom giver, and Comforter. Once you identify the root, it’s on to the second component of your healing.
2. **Pull the root out.** Okay, so you may be asking how do you pull the root of trauma or hurt out of your soul. Once the root is identified, talk about it, journal about it, cry over it, and talk to God about it *until the hurt, disappointment or even shock of it fades*. This is healing. When the wound no longer grips your soul, there is a level of healing. The memory will be there, but the sting of the memory should no longer torment you. This process may happen as you initially share the trauma, or it may require longer term Christian counseling. After you have gone through this process, then you pray and release it to God. There will be a prayer at the end of each chapter that will allow you to cast your trauma on the cross of Jesus Christ. The cross of Jesus provides healing for us on many levels. It’s also important to say the prayer out loud. Your brain believes what it hears coming out of your mouth.
3. **The mental stop sign.** Once you have exposed the root or the why behind your struggle and you have released it to God, understand that the enemy of your soul—the devil—will try again to tempt you to fall victim to that negative emotion. For example; if you struggle with a root of rejection because an important person in

your life abandoned you, understand that the enemy may try and come back with negative thoughts about how *you are still* unlovable, not valuable, worthless, etc. This is where it is a must that we hold up that mental stop sign and say no! No! I *will not* come under the influence of that toxic emotion again. I refuse to come into agreement with that toxic emotion. The more you do this, the easier it becomes. Eventually you will feel how freeing it is to live without spiraling down into that emotion. You will quickly recognize when that old way of negative thinking tries to come back. It's like living without that monkey on your back. When that monkey tries to climb back on your back, you will recognize its heavy weight and command it to leave. It's the same way with negative emotions. When you learn to change your thinking for the better, you begin to lead the abundant life that Jesus desires to give you and you no longer are comfortable with that monkey on your back.

It is important to note that if someone struggles with one negative emotion they may also struggle with another negative emotion. Our negative thinking is entwined. For example; if someone struggles with panic attacks, this may be the result of a broken heart. Or, if someone struggles with depression, they may have a root of self-rejection. It is essential that all the chapters are read and reflected upon to understand why we have difficulty in a certain area.

I have used the above method in my own life and with clients and had much success.

The CDC has said that 80 percent of all illness has a "stressor" behind it.¹ If we could take away the stressor, or the root of our negative thinking, then our body could heal. You will learn in many of these chapters that how we feel physically is related to what's going on in our thinking. I would always encourage you to follow the advice of your physician, psychiatrist, psychologist, or counselor. I believe God uses medicine when we need it and a compassionate counselor when we need it.

ARE YOU READY?

Are you ready to discover the freedom that is available to you? Are you ready to begin a journey to free your damaged emotions? As you read through this book, allow the Holy Spirit to show you truths that will accomplish freedom from your emotional and physical afflictions. The Bible refers to the Holy Spirit as our "Counselor" (John 14:26, AMP) The Holy Spirit knows the deep issues in your soul, and He knows how to unlock the pain in your heart.

In addition, this book is also designed to be a timely reference when going through a difficult season. For example, long after you have read this book you may go through an experience with long-term stress, anger, worry, unforgiveness, or any other negative emotion. You can reread the specific chapter that covers the issue you are facing to rediscover how to deal with that specific struggle. I have found it helpful to revisit certain truths when I am confronted with difficult situations.

I know what it's like to live for decades with a variety of toxic emotions and become sick because of it. I also know what it's like to look back and see how far you've come. Several times God says in the Bible that there is nothing too hard for Him. If you think your situation or your affliction is too difficult for God, I would answer that by the Word of God found in the Bible:

Ah, Lord GOD! Behold, You have made the heavens and the earth
by Your great power and outstretched arm. There is nothing too
hard for You.

—JEREMIAH 32:17

Behold, I am the LORD, the God of all flesh. Is there anything too
hard for Me?

—JEREMIAH 32:27

There is no bondage, no affliction, nor human condition that is too hard for our all powerful, loving God. May God bless your mind, body, and spirit as you turn the pages of this book!

