



Healing for the Heart and the Spirit: A Christian Counselor Responds to People in Pain

Bruce Pringle

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Abandonment. Abuse. Anger. Depression. Grief. How does one work through these and other emotional topics and feelings? Healing for the Heart and the Spirit offers advice, guidance, and perspective firmly grounded in Christian thought and scripture. Drawing from a well of experience in his own personal life and his years as a counselor, Bruce Pringle MEd, PhD tenders spiritual solutions to Christians, with comfort in the knowledge that Jesus Christ is the Healer. "Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn of Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light" (Matthew 11:28-30).

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