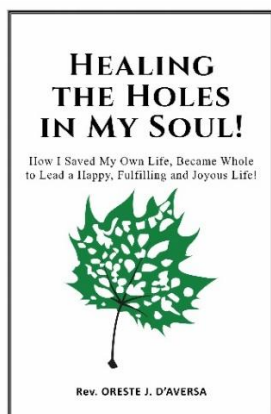


# How I Healed the Holes in My Soul!

How I Saved My Own Life, Became Whole to Lead a Happy, Fulfilling and Joyous Life!

## Self Help



Learn what a Minister did to save his own life from suicidal thoughts, emotional suffering and unhealthy behaviors.

### About the Author

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### How I Healed the Holes in My Soul!

How I Saved My Own Life, Became Whole to Lead a Happy, Fulfilling and Joyous Life!

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Format: eBook and 6x9 Paperback

Pages: 194 (Paperback)

**Price: \$4.97 eBook, \$14.97 Paperback**

ISBN: 978-0-9826283-8-6 (Paperback)

978-0-9826283-9-3 (eBook)

### *How I Healed the Holes in My Soul!*

As an Inter-Faith (All Faiths) Minister I started looking at the world one day and wondering why so many people are taking their own life. People well known and not so well known, people who, on the outside, look like they have it all but on the inside really did not have it all but were empty and in pain, and the only way out was to take their own life.

It got me thinking about my own life and I too have reached the point, several times in my life, where I said it's just too hard to go on, it's just too much... Through God's grace I have endured and learned to "heal the holes" in my soul. Though I still have my bad times, they are not as bad as they once were, don't last as long as they used to or take me to the "poison" in my soul, I learned there are ways through the bad times, and I don't have to be a victim anymore.

This is my story, a man who went from "holes" in his soul to being "whole" again. I sincerely hope there are some tools in this book that help you on your journey in this game we called life. Whatever you are going through, don't give up, there is always hope, there is always God. God will find a way where there appears to be no way. God has not given up on you, so you don't give up on yourself. I healed the holes in my soul and so can you!

### *Book Value Proposition*

Suicide is a leading cause of death in the United States. The exercises in the book are meant to help individuals release and not act on their suicidal thoughts and tendencies. The book is meant to be used "as an addition to and not instead of" working with doctors and trained mental health professionals.

### *Selling Points*

- Helps individuals with suicidal thoughts using tools "in addition to and not instead of" working with mental health professionals.
- Simple exercises in each chapter to help individuals explore thoughts and feelings.
- Designed to be read in either Paperback or in Electronic Book Reader

### *Marketing and Publicity*

- Marketing and Publicity will be created/delivered by Author
- Press Release to Media, Targeted Magazines, Bloggers (On-Line and Print)
- Media Interviews with Television, Radio and Internet
- Promotion though: Public Speaking Engagements, Target Market Bloggers, Social Media, Networking, Trade Sho



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# Table of Contents

## PART I – How I Got This Way

<b>Chapter 1:</b> My Childhood .....	1
--------------------------------------	---

## PART II – The Feelings and Emotions

<b>Chapter 2:</b> God, Where the Hell Were You .....	37
--	----

<b>Chapter 3:</b> Your Feelings Will Wait.... ..	41
--	----

<b>Chapter 4:</b> Pain is Pain, just the Wrapper is Different .....	45
---	----

<b>Chapter 5:</b> Loneliness, Lonely, Alone... ..	49
---	----

<b>Chapter 6:</b> I'm Less than .....	53
---------------------------------------	----

<b>Chapter 7:</b> Pain, Anger and Sorrow .....	59
--	----

<b>Chapter 8:</b> I Have Seen the Darkness – Many, Many Times... ..	63
---	----

<b>Chapter 9:</b> Depression .....	67
------------------------------------	----

<b>Chapter 10:</b> Shame .....	71
--------------------------------	----

<b>Chapter 11:</b> Rage!!! .....	75
----------------------------------	----

<b>Chapter 12:</b> Addiction – My Crutch to Never Healing .....	77
---	----

<b>Chapter 13:</b> I Fooled the World but Was Only Fooling Myself... ..	81
---	----

<b>Chapter 14:</b> Meet My Longtime Companion – Suicide .....	83
---	----

## PART III –Recovery and Rebuilding

<b>Chapter 15:</b> Adulthood .....	89
------------------------------------	----

<b>Chapter 16:</b> I'm Not Damaged or Broken .....	91
--	----

<b>Chapter 17:</b> Breaking the Chains of Pain .....	93
--	----

<b>Chapter 18:</b> Wholeness and “Hole-ness” .....	97
--	----

<b>Chapter 19:</b> Healing .....	101
----------------------------------	-----

<b>Chapter 20:</b> Forgiveness .....	111
--------------------------------------	-----

<b>Chapter 21:</b> All You Need is Love .....	115
---	-----

<b>Chapter 22:</b> The Animal Kingdom .....	117
---	-----

<b>Chapter 23:</b> Mother Nature .....	119
--	-----

<b>Chapter 24:</b> Gratitude .....	121
------------------------------------	-----

<b>Chapter 25:</b> The Spirituality of Suicide The Spiritual Law of Karma and Other Spiritual Realities...	125
--	-----

<b>Chapter 26:</b> Discovering Our Life's Purpose -The Journey Within .....	139
---	-----

<b>Chapter 27:</b> God Will Help Us .....	145
---	-----

<b>Conclusion</b> – It's Not the End it's a New Beginning.....	151
--	-----

<b>Resources:</b> Prayers, Meditations, Exercises .....	157
---	-----

<b>Footnotes</b> .....	188
------------------------	-----

<b>Bibliography</b> .....	190
---------------------------	-----