

Finding Purpose in Your Pain: A Practical, Biblical Approach to Hope and Healing

“Healing What’s Hidden is a masterpiece that can tolerate the hard questions and harsh challenges that trauma brings to all of us.”

—Dr. Chip Dodd, author of *The Voice of the Heart* and *The Perfect Loss*

Many people can recall the exact moment their lives changed forever. The horrific accident. The miscarriage. The day someone walked out. The moment their innocence was taken. What happened was wrong and it hurt, but it doesn't have to define their lives forever. There is a way to overcome trauma and embrace a brighter future.

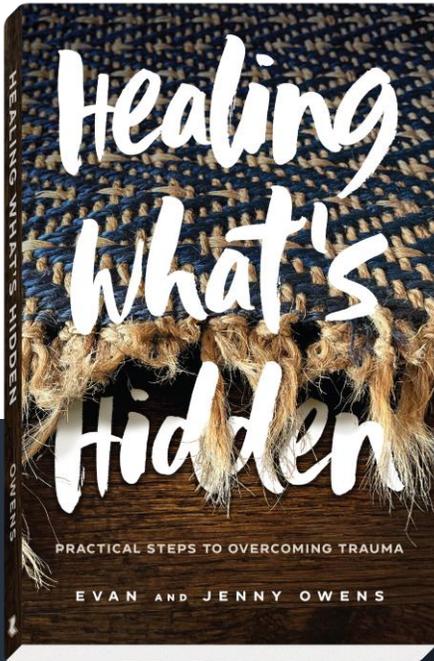
In ***Healing What’s Hidden: Practical Steps to Overcoming Trauma*** (Revell, September 2022), Evan and Jenny Owens, founders of REBOOT Recovery, offer practical, step-by-step processes to help readers acknowledge their trauma, heal their invisible wounds, and reclaim their future so they can live beyond the anxiety, depression, and shame that trauma leaves behind.

“Trauma doesn’t discriminate. White, Black, military, civilian, gay, straight, rich, poor, Christian, Muslim, atheist—not one of us is outside the reach of trauma. It can touch our lives at any age, stage, or place,” write the Owens. “Either we deal with our trauma, or our trauma will deal with us.”

In ***Healing What’s Hidden***, the couple use their decades of experience helping military veterans and first responders to apply empathy, research, and insight to help you:

- Identify and be honest about the true sources of your trauma in your mind, body, or soul.
- Move forward and find purpose in your pain despite past guilt, shame, and regret.
- Find the safety, stability, and support to fight for healing.
- Overcome experiences of physical, emotional, psychological, and sexual trauma.

“For the past decade of our lives we have been blessed to watch people of all walks of life overcome some of the most devastating experiences we could imagine and go on to embrace a life of joy and purpose,” writes the Owens. “In this book, we are going to share a few stories and show you the exact steps thousands of people have taken to overcome trauma.”



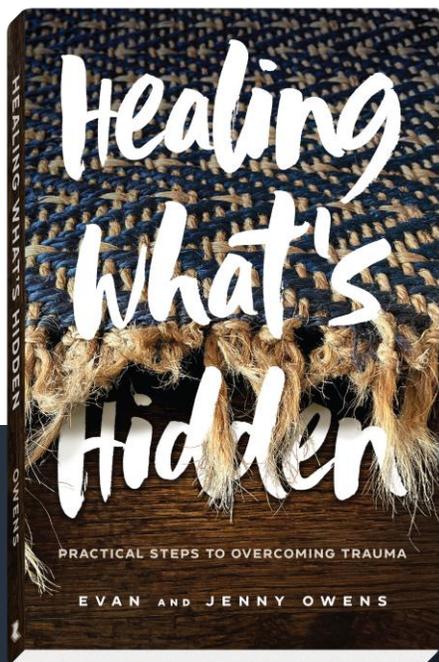
Healing What's Hidden: Practical Steps to Overcoming Trauma

by Evan and Jenny Owens
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About the Authors

Evan Owens is cofounder of REBOOT Recovery where, along with his wife, Jenny, he provides a unique blend of clinical insight and Christian faith-based support to those recovering from trauma. Evan is the executive director and regularly appears on Newsmax, RightNow Media, Pure Flix, and nationally syndicated podcasts. Evan and Jenny have three sons and live outside of Nashville, Tennessee.

Jenny Owens is cofounder of REBOOT Recovery where, along with her husband, Evan, she provides a unique blend of clinical insight and Christian faith-based support to those recovering from trauma. Jenny is an occupational therapist and serves as the head of research, presenting REBOOT's research findings at universities and scientific conferences across the country. Evan and Jenny have three sons and live outside of Nashville, Tennessee.

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PRAISE for *Healing What's Hidden*

"Jenny and Evan Owens have created a practical masterpiece...they take us on a journey back to how we are created, to the places of healing that 'medicine won't reach and surgery can't touch.'...This process makes *Healing What's Hidden* a masterpiece that can tolerate the hard questions and harsh challenges that trauma brings to all of us. Far beyond the thousands who have already been helped by the Owens's ministry, I pray that so many more find healing in this book's pages."

Dr. Chip Dodd, author of *The Voice of the Heart* and *The Perfect Loss*

"We all have hidden hurts that need healing but we try to manage the pain ourselves which only makes things worse or leaves us isolated. Trauma recovery specialists Evan and Jenny Owens enter into your personal trauma, loss, guilt, rejection, abuse, or other hurts to lead you step-by-step into new freedom and empowerment to be who God made you to be. With insights from real and raw stories, science, and Scripture, along with practical guidance, this is a great book for personal healing and helping a friend."

Drs. Bill and Kristi Gaultiere, psychotherapists and authors of *Journey of the Soul*

"Healing What's Hidden is one of the most timely and relevant reads on trauma today. I wish a resource like this would have been available sooner! If you are looking for an easy-to-read and easy to digest book to help you navigate healing, I highly recommend and endorse Evan and Jenny Owens' book *Healing What's Hidden*."

Adam Davis, bestselling author and professional speaker



Sample Interview Questions for Evan & Jenny Owens

Healing What's Hidden: Practical Steps to Overcoming Trauma

- Thanks for joining us, Evan and Jenny. Will you tell us a little bit about your organization, REBOOT Recovery, and your hope for this book?
- *Healing What's Hidden* is a practical and actionable guide to helping people heal from trauma. Tell us a little bit about your passion for helping people in this area.
- Can you define trauma for us?
- Some of us may minimize our painful experiences. Why is it so important to boldly identify the true sources of trauma in our lives?
- Evan, you tell a story about a time where you felt like you were falling apart. What was the source of your strength in those darkest moments?
- Jenny, you talk about your experience as an occupational therapist treating soldiers with traumatic brain injuries. How has this shaped the way you treat trauma?
- Sometimes we can feel trapped in guilt, shame, and regret from our past. How can we move forward and turn our pain into purpose?
- In this book you talk about reframing your trauma from destructive to productive. How does a biblical approach to pain and suffering help us to accomplish this?
- Despite all our comforts, medicine, and unprecedented connectedness, there is still a “hope deficit” in our world today. Why are we more hopeless than ever? How can we regain our hope?
- Some of us might have people we love who are really struggling right now. Can you share a couple tips on how we can help our families, friends, and others through their pain?
- You’ve helped thousands of people over the past decade heal from trauma. What is one thing you both have learned about your own trauma?
- Where can our viewers go to connect with you and purchase a copy of *Healing What's Hidden*?

GUESTS: Evan and Jenny Owens

BOOK: *Healing What's Hidden: Practical Steps to Overcoming Trauma* (Available September 2022, Revell)

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