



Hurts So Good: Exposing the Lies of Self-Injury

Edward Welch

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You hurt yourself to feel better, but the relief never lasts. If you or someone you love feels trapped in a cycle of intentional self-injury, there is hope in the gospel that is better than the quick fix of self-injury.

Exposing the familiar motivations like fear and anger that drive self-injury, Edward T. Welch reveals what the behavior says about us and about God. He presents the Psalms as a God-honoring way to give expression to our deepest pain. With nine action steps, this minibook will help set strugglers on the path to hope and healing in Christ.

Edward T. Welch, MDiv, PhD, is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for thirty years and has written many books including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Blame It on the Brain?*; *Depression: A Stubborn Darkness*; *Crossroads: A Step-by-Step Guide Away from Addiction*; *Running Scared: Fear, Worry, and the God of Rest*; *When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety*; and *What Do You Think of Me? Why Do I Care?* He and his wife Sheri have two married daughters, and four grandchildren.

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