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Stop Hurting and Start Living.: How to Move Beyond the Pain Caused by Others. Start the Healing Process and Start Being Happy !

Bill McDowell

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Stop Hurting and Start Living. How to Move Beyond the Pain Caused by Others

Now with even more updated information and a Special BONUS Chapter!!

Failed relationships are always painful. Human as we are, we are vulnerable to physical pain and emotional conflicts. And always, it is the emotional conflict that drives us to the edge. Physical pain is always tolerable. If it becomes too painful; there are a lot of pain relievers we can induce to stop the pain if not reduce it. It's plain and simple. Physical pain does not linger. It stops when the wound starts to heal. Emotional pain, on the other hand, is something that tortures us from within. It hurts us in ways no physical wounds can. What's worse? There is no tangible medicine we can take or drink to ease the pain away.

As painful as it is, we have no choice but to move on. We have to stop hurting and start living instead. The world will not stop revolving to wait for us. We need to realize that pain is inevitable…that it is an important part of our lives. It is human nature to feel and love and consequently, it is also this very nature of man that makes us hurt. We are always affected in more ways than one because we are partly responsible.

Here Is A Preview Of What You'll Learn...

- Understanding Pain and Suffering
- Why is it Hard to Let go?
- Things to Let go of to be Happy
- Tips on How to Move On and Forget the Past
- And, much, much more!

Pain is the product of the things we did and did not do. The desire to move on and forget the past is not enough to be able to forgive and be happy. It takes more than that. Moving forward to a happier life is a process and certainly, it never happens overnight. It is for this reason that this book is written. It contains carefully researched tips on how we can move on and be happy. It will enlighten us and will help us understand pain and heartbreak on a deeper level. It will give us insights on how we can possibly move beyond the pain caused by other people and in the process it will enable us to let go of the things that hurt us

and be happy while living the life we want.

Download your copy today!

Tags: Pain, Love, Hurt, Stop Pain, Start Living, Healing, Emotional, Conflicts, Better, Happier, Physical Pain, Healing Wounds, Forget, Move on, Stop Hurt, Life, Better Life, Happy, conflict.

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Margaret Conley:

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