

No More Hurt: Reclaim Your Voice, Reignite Your Spirit

Do you feel like you're constantly walking on eggshells, afraid of saying or doing the wrong thing? Do you find yourself constantly apologizing, even when you haven't done anything wrong? Do you feel like you're not good enough, no matter what you do?



No More Hurt by Rhonda Spencer

★★★★☆ 4.8 out of 5

Language	: English
File size	: 666 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 91 pages
Lending	: Enabled



If you answered yes to any of these questions, you're not alone. Millions of people suffer from the effects of emotional abuse. And while it can be difficult to break free from the cycle of hurt, it is possible.

In her powerful new book, *No More Hurt*, Rhonda Spencer offers a roadmap to healing and rediscovering your worth. Spencer, a licensed clinical social worker and trauma specialist, has helped countless people overcome the effects of emotional abuse. In this book, she shares her

insights and strategies for breaking free from the cycle of hurt and creating a life filled with joy, peace, and purpose.

What You'll Learn in *No More Hurt*

In *No More Hurt*, you'll learn how to:

- Identify the signs of emotional abuse
- Understand the impact of emotional abuse on your physical and mental health
- Develop coping mechanisms for dealing with emotional abuse
- Set boundaries to protect yourself from further hurt
- Build a support system of people who will help you heal
- Create a life filled with joy, peace, and purpose

Why You Need This Book

If you're ready to break free from the cycle of hurt, *No More Hurt* is the book for you. This book will help you understand the dynamics of emotional abuse, develop coping mechanisms, and create a life that is free from pain.

You deserve to live a life free from hurt. *No More Hurt* can help you get there.

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ELLEN PRESCOTT

No More Hurt

The inspiring true story
of a mother's fight
to save her children
from the nightmare
of sexual abuse



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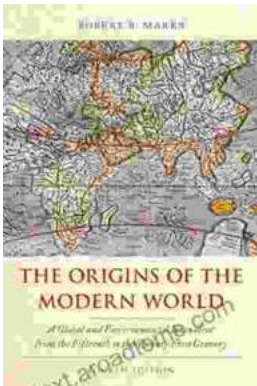
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