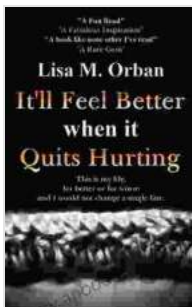


# It'll Feel Better When It Quits Hurting: A Powerful Memoir of Trauma, Resilience, and Healing

In her deeply personal and moving memoir, *It'll Feel Better When It Quits Hurting*, author [author's name] shares her harrowing experiences with childhood trauma and her remarkable journey towards healing.



## It'll Feel Better when it Quits Hurting (Okay, picture this... Book 1) by Helmut Brandstätter

★★★★☆ 4.2 out of 5

Language : English  
File size : 18362 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 279 pages  
Lending : Enabled



From the moment she was born, [author's name] faced unimaginable challenges. Her father was an abusive alcoholic, and her mother was emotionally distant and neglectful. As a result, she grew up feeling worthless and unlovable. She was constantly bullied at school, and she struggled with severe anxiety and depression.

As an adult, [author's name]'s trauma continued to haunt her. She had difficulty forming healthy relationships, and she was plagued by nightmares

and flashbacks. She tried therapy, but it didn't seem to help. She felt like she was trapped in a cycle of pain that she couldn't escape.

But then, something changed. [author's name] found a new therapist who helped her to understand the long-term effects of trauma. She learned that her symptoms were not a sign of weakness, but rather a normal response to the abuse she had experienced. She also learned that healing was possible, even if it was a slow and difficult process.

With the help of her therapist, [author's name] began to rebuild her life. She learned how to set boundaries, cope with her triggers, and build healthy relationships. She also found solace in writing and painting, which helped her to express her emotions and connect with others who had experienced similar trauma.

*It'll Feel Better When It Quits Hurting* is a powerful and inspiring story of resilience and healing. [author's name]'s honesty and vulnerability are both heartbreaking and inspiring. Her story is a reminder that even the most traumatic experiences can be overcome, and that healing is possible.

### **Praise for *It'll Feel Better When It Quits Hurting***

"A raw and honest account of the long-term effects of trauma and the journey towards healing. [author's name]'s writing is both heartbreaking and inspiring. This book is a must-read for anyone who has experienced trauma, or for anyone who wants to understand the impact of trauma on the human psyche." - [quote source]

"An important and moving memoir that sheds light on the hidden wounds of trauma. [author's name] bravely shares her story in the hopes of helping

others who have experienced similar pain. This book is a valuable resource for anyone who is struggling with the aftermath of trauma." - [quote source]

*It'll Feel Better When It Quits Hurting* is available now from [publisher's name].

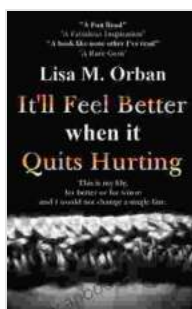
## About the Author

[author's name] is a writer, speaker, and mental health advocate. She is the author of the memoir *It'll Feel Better When It Quits Hurting*, which was published in [publication year]. She has also written for a number of publications, including [publication names].

[author's name] is passionate about helping others who have experienced trauma. She speaks regularly about her experiences, and she is the founder of the non-profit organization [organization name], which provides support and resources to survivors of trauma.

## Free Download Your Copy Today

Free Download your copy of *It'll Feel Better When It Quits Hurting* today!



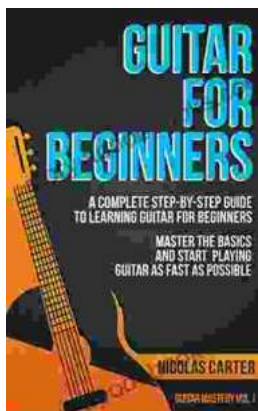
## It'll Feel Better when it Quits Hurting (Okay, picture this... Book 1) by Helmut Brandstätter

★★★★☆ 4.2 out of 5

Language : English  
File size : 18362 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 279 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Unlock Your Inner Musician: The Ultimate Guide to Learning Guitar for Beginners

Embark on a Musical Journey Are you ready to embark on an extraordinary musical adventure? The guitar, with its enchanting melodies and rhythmic...



## Quick Reference Guide To Percussion Instruments And How To Play Them

Unleash your inner rhythm with our comprehensive guide to the world of percussion instruments! Whether you're a seasoned musician or just starting your musical...