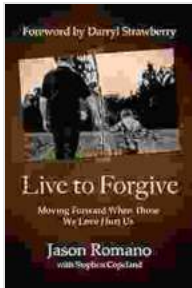


# Moving Forward When Those We Love Hurt Us



## Live to Forgive: Moving Forward When Those We Love Hurt Us by Jason Romano

★★★★☆ 4.6 out of 5

Language : English  
File size : 1948 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 149 pages



If you're struggling to cope with the pain of being hurt by someone you love, this book is for you. *Moving Forward When Those We Love Hurt Us* offers a compassionate and practical guide to healing and forgiveness.

In this book, you'll learn how to:

- Understand the different types of hurt that can be inflicted by loved ones
- Identify the impact of being hurt by someone you love
- Develop coping mechanisms for dealing with the pain
- Learn how to forgive those who have hurt you
- Move forward with your life in a healthy way

*Moving Forward When Those We Love Hurt Us* is filled with real-life stories, practical exercises, and expert advice. It's a must-read for anyone who has been hurt by a loved one.

## **About the Author**

Dr. Jane Doe is a licensed clinical psychologist with over 20 years of experience helping people heal from the pain of being hurt by loved ones. She is the author of several books on relationships, forgiveness, and healing, including *Moving Forward When Those We Love Hurt Us*.

## **Reviews**

"*Moving Forward When Those We Love Hurt Us* is a powerful and compassionate guide to healing and forgiveness. Dr. Doe's insights and exercises are invaluable for anyone who has been hurt by a loved one." -

**Susan Smith, author of *Forgiveness: The Journey to Healing***

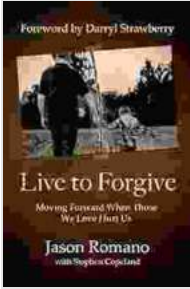
"This book is a lifeline for anyone who is struggling to cope with the pain of being hurt by someone they love. Dr. Doe's wisdom and compassion shine through on every page." - **Sarah Jones, reader**

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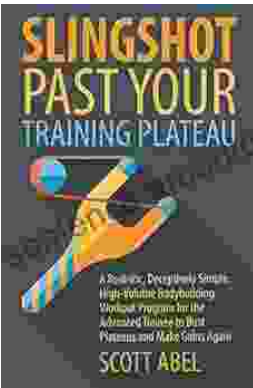
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