

But It's Real and It Hurts: A Must-Read for Overcoming Toxic Relationships

If you're reading this, chances are you're in a toxic relationship. You're not alone. Millions of people suffer in silence, trapped in a cycle of abuse that can damage their physical and mental health.

But It's Real and It Hurts is the book that will help you understand and break free from the cycle of abuse. Written by a survivor of domestic violence, this book offers a unique perspective on the realities of toxic relationships.



'It's Only Pain': But It's Real and It Hurts by Taylor Morton

★ ★ ★ ★ ☆	4.8 out of 5
Language	: English
File size	: 1273 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 253 pages



In this book, you will learn:

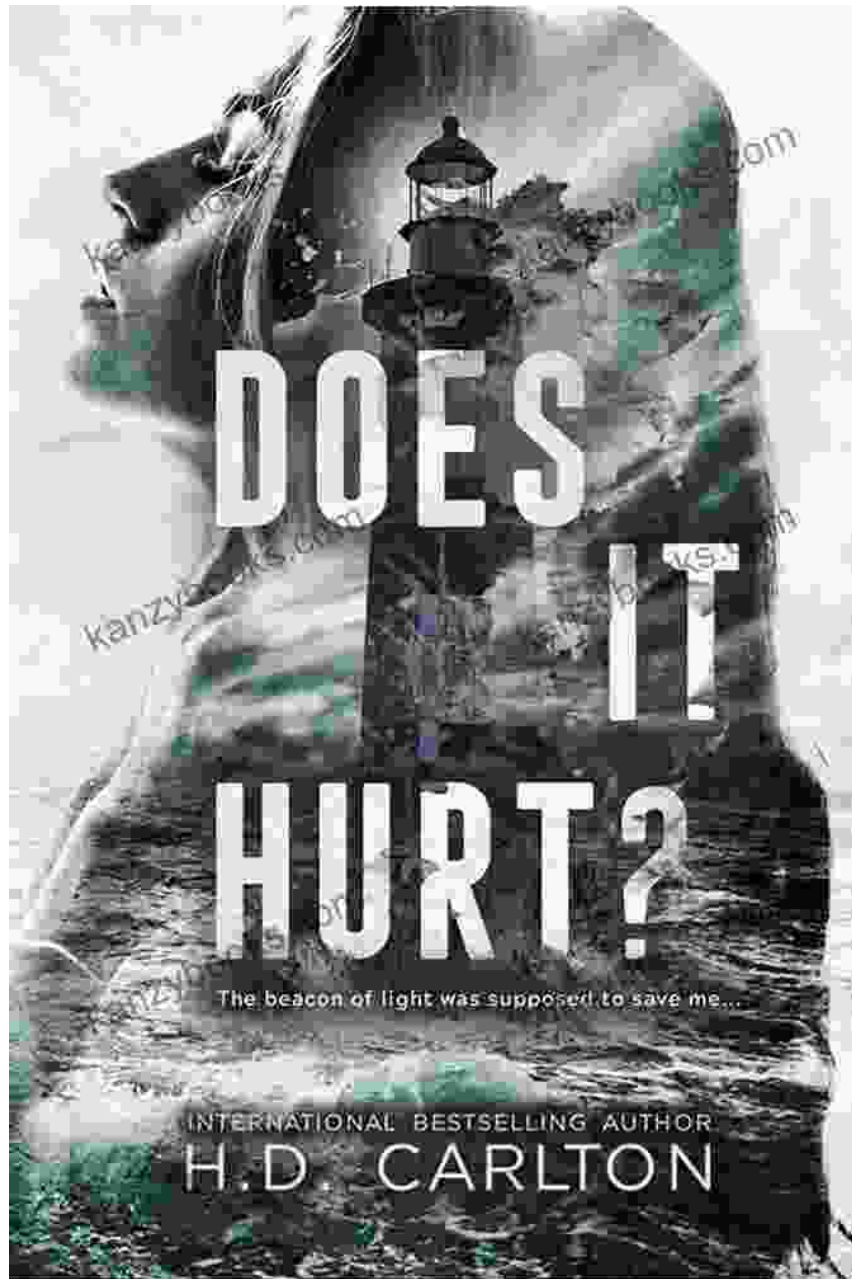
- The signs of a toxic relationship
- How to identify and challenge gaslighting
- How to set boundaries and protect yourself from emotional abuse

- How to get help and support

But It's Real and It Hurts is an essential resource for anyone who is struggling in a toxic relationship. This book will help you understand your experiences, validate your feelings, and give you the tools you need to break free.

Don't wait another day. Free Download your copy of But It's Real and It Hurts today.

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What people are saying about But It's Real and It Hurts:

"This book is a godsend. It's the first book I've read that truly understands what it's like to be in a toxic relationship. It's helped me to understand my experiences and to see that I'm not alone." - Sarah

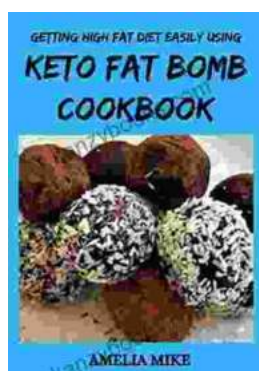
"But It's Real and It Hurts is a powerful and important book. It's a must-read for anyone who is struggling in a toxic relationship." - Jessica

"This book has changed my life. I'm so grateful to the author for sharing her story. It's helped me to break free from my own toxic relationship." - Mary



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