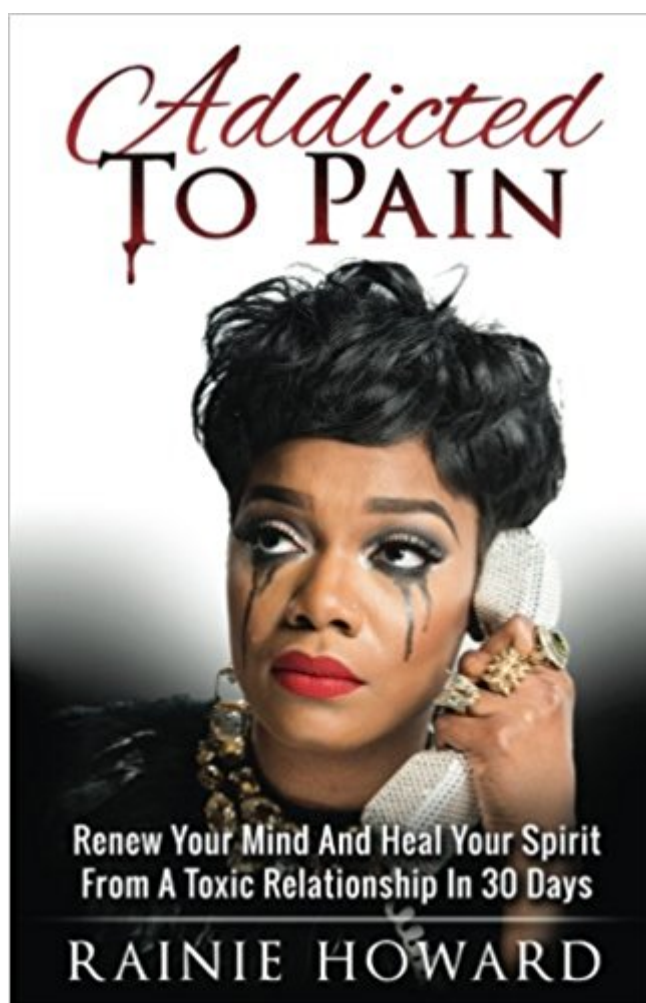


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# Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days



## Synopsis

**Addicted To Pain Book Description** The obsession of a toxic or abusive relationship can have the same enticement as drugs or alcohol. The pattern echoes time and time again: a new significant other draws you into a new relationship that starts off loving and alluring only to develop into a hurtful or abusive cycle. People who have a healthy understanding of "true love" do not tolerate this kind of pain. He or she will move on in search of a healthier bond. It's an unhealthy view on love that will rationalize the toxic behavior and cling to abusive relationships long after they should have ended. Like any other addiction those hooked on a toxic love and an emotionally abusive relationship; have no control over excessive urges to text, call, manipulate or beg for love, attention and affection. They want help. They want to end the pain and recover, but it's just like trying to shake a drug habit. Ranked one of the top bestseller abusive relationship books, *Addicted to Pain* reveals the truths every woman needs to heal from a toxic relationship and return to a life rich with purpose and fulfillment. Relationship expert Rainie Howard writes this all-in-one spiritual guide to provide daily insight on toxic love addiction and a healing plan to help you recover from the overwhelming effects of an abusive relationship. Learn how to get over a guy and heal from all abuse including: The verbally abusive relationship Emotionally abusive relationship Spiritual and physical abusive relationship Rainie has authored several books on relationships and is sought after as a conference speaker. If you've been seeking books for women and break up books to help you gain restoration from a separation, abusive relationship or divorce this is the book for you!

## Book Information

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## Customer Reviews

Rainie Howard is a wife, mother and mentor. She has authored several books and is sought after as a conference speaker. Rainie offers a free online Love Class to her YouTube subscribers. Rainie and her husband Patrick Howard are the founders of "RealLoveExist", a movement that promotes real love stories and healthy marriages, encouraging others to never give up on love. To learn more about "RealLoveExist" go to [www.RealLoveExist.com](http://www.RealLoveExist.com)

This book has really change my life, The was a great bok and open my eyes to so many things. I thank and appreciate the author of this book.. It's a must read and will help you get through a toxic relationship. It will also set you free and heal your broken heart without holding a grudge.

Thank You Mrs. Howard for this awesome book I've learn so much from reading this book although I used to be in a toxic relationship but I ended the relationship for almost 2 years now. Thank GOD.

This book is very informative, relieving, comforting, and the truth. I've experienced so much and this book has helped me get to a healing point. I feel so much better after reading this book. I would advise anyone that is having a hard time getting past an ex to read this book.

What a good read, this book came into my life at the right time. It will help you to take a good look at yourself. Ms. Rainie is truly annointed!

The book was very inspiring. It has taught me a lot about myself and why I seem to attract the same types of men in my life.

I felt that Mrs. Howard was speaking directly to me in many parts of this book! For anyone that has been through a "break-up" or "toxic reltionship" this book will help you "Free Yourself!"

Excellent encouragement for those that are struggling with letting go and repeating the same mistakes! A must read for guarding your heart!

Reading through the book & understanding everything knowing I have been through similar

situations really helped my mind be at ease

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