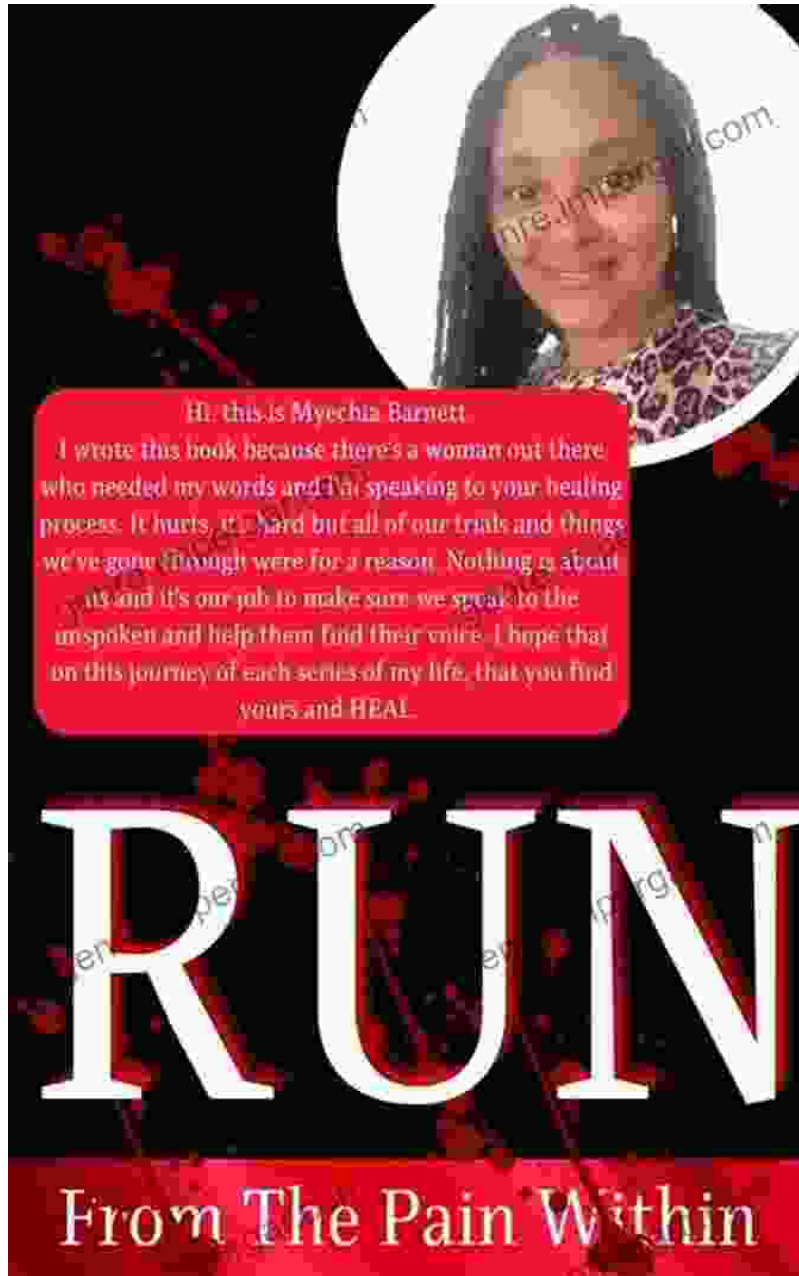


# Run From The Pain Within: A Journey of Healing and Transformation



Hi, this is Myechia Barnett.

I wrote this book because there's a woman out there who needed my words and I'm speaking to your healing process. It hurts, it's hard but all of our trials and things we've gone through were for a reason. Nothing is about us and it's our job to make sure we speak to the unspoken and help them find their voice. I hope that on this journey of each series of my life, that you find yours and HEAL.

# RUN

## From The Pain Within

**RUN FROM THE PAIN WITHIN** by Myechia Barnett

★★★★★ 5 out of 5

Language : English

File size : 136 KB

Text-to-Speech : Enabled



Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 64 pages  
Lending : Enabled



by [Author's Name]

**Run From The Pain Within** is a powerful and inspiring memoir that chronicles the author's journey of overcoming childhood trauma and finding hope and healing. This book is a must-read for anyone who has ever experienced pain, loss, or adversity.

In **Run From The Pain Within**, the author shares her story of growing up in a dysfunctional home, where she was subjected to physical, emotional, and sexual abuse. She describes the devastating impact that this trauma had on her life, including her struggles with depression, anxiety, and addiction.

Despite the challenges she faced, the author never gave up on herself. She sought therapy, joined support groups, and learned how to cope with her pain. Through her journey, she discovered the power of forgiveness, compassion, and self-love.

**Run From The Pain Within** is a story of hope and healing. It is a testament to the human spirit's ability to overcome adversity and find peace and happiness. This book is an inspiration to anyone who has ever struggled with pain or trauma.

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**Run From The Pain Within** is available now in paperback and ebook formats. Free Download your copy today and start your journey of healing and transformation.

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### **RUN FROM THE PAIN WITHIN** by Myechia Barnett

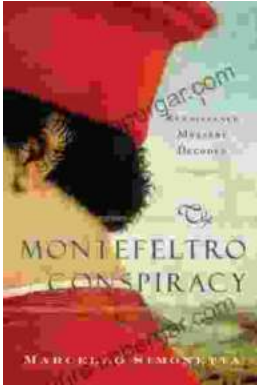
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