



# Getting Through What You Can't Get Over: Stories, Tips, and Inspiration to Help You Move Past Your Pain into Lasting Freedom

*Anita Agers-Brooks*

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**There are some things in life people never get over. No matter how much they want to.**

Many experience abuse, financial disaster, serious illness, death of loved ones, and other common traumas making them believe they'll never move past the pain, but through research and true story compilations, author Anita Agers-Brooks offers emotional, practical, and spiritual insights from experts and people who have survived intense trauma—and have made it through seemingly impossible situations.

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