



## Get Over It? I m Still Going Through It!: 15 Tools to Use When Going Through Tough Times (Paperback)

By Dr Tonisha M Pinckney

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How many times have people told you to just get over it or it s time to move on? While brief, this book provides fifteen tools to help the reader during those inbetween times. Consistent with the previous I AM MORE! (R) books, Dr. Toni provides useful tools to support your success. She gives you permission to hurt, permission to take time to heal, and permission to take off your mask. After listening to mentees and clients discuss their powerlessness, fear, and struggles with success, Dr. Toni provides a few tools to help you move through your process. The chapters in this book were chosen to equip any man or woman who wants to move beyond pain, grief, failure, shame, flaws, or disappointment. It s time to define your new normal. The old one might not fit the new you.



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