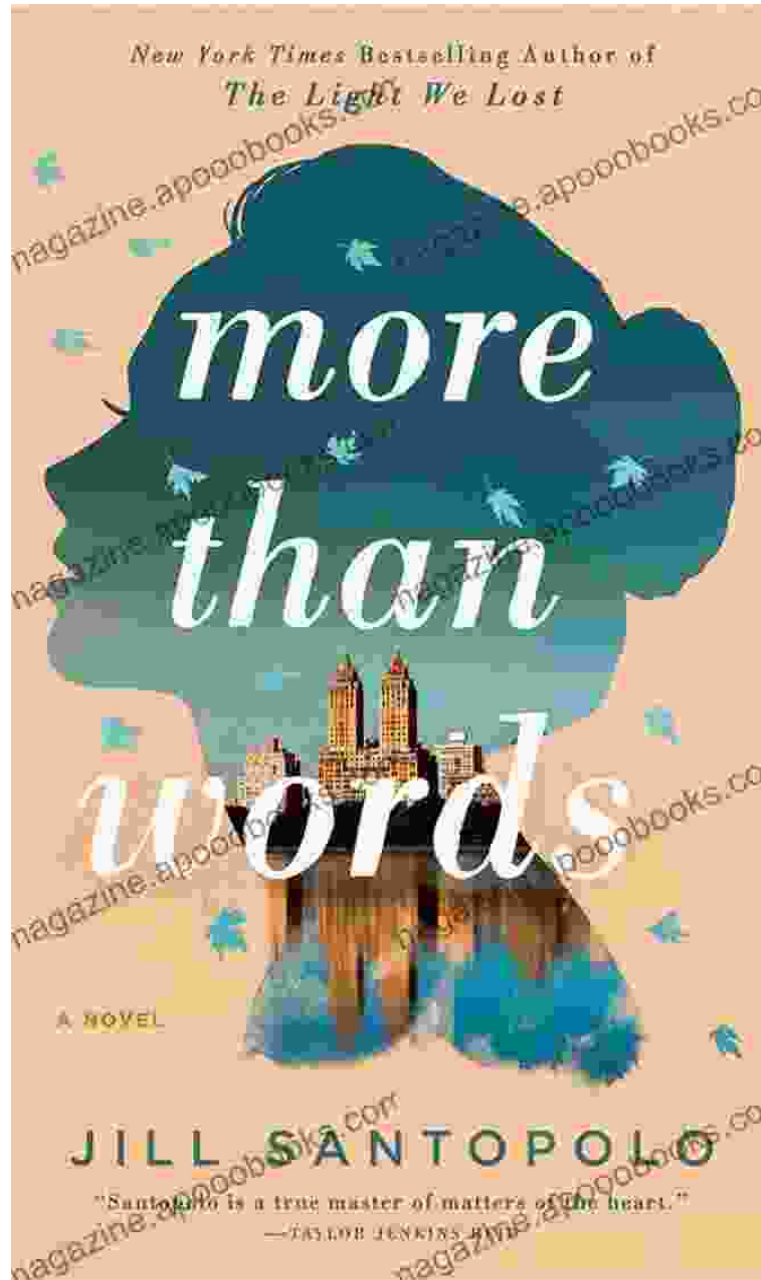


# More Than Words: A Journey of Healing and Hope by Irma Garcia Rios



**more than words** by Irma Garcia-Rios

★★★★★ 5 out of 5

Language : English

File size : 420 KB

Text-to-Speech : Enabled



Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 481 pages  
Lending : Enabled



In *More Than Words*, Irma Garcia Rios shares her incredible story of overcoming unimaginable trauma to find healing and hope.

Irma was born in a small village in Mexico. As a child, she was sexually abused by her stepfather. She eventually escaped her abuser and came to the United States, where she hoped to start a new life.

But Irma's trauma followed her to the United States. She struggled with depression, anxiety, and PTSD. She also had difficulty adjusting to a new culture and language.

Despite all of the challenges she faced, Irma refused to give up hope. She sought therapy and support from her community. She also began writing poetry as a way to express her pain and heal her wounds.

Over time, Irma's writing helped her to find her voice and to connect with others who had experienced similar trauma. She began speaking out about her experiences, and she became an advocate for survivors of sexual abuse.

More Than Words is a powerful and inspiring memoir that tells the story of one woman's journey of healing and hope. This book is a must-read for anyone who has experienced trauma or adversity, and for anyone who wants to learn more about the power of the human spirit.

### **Praise for More Than Words**

"More Than Words is a powerful and inspiring memoir that tells the story of one woman's journey of healing and hope. This book is a must-read for anyone who has experienced trauma or adversity, and for anyone who wants to learn more about the power of the human spirit." - Oprah Winfrey

"Irma Garcia Rios is a survivor in the truest sense of the word. Her story is a testament to the power of the human spirit and the importance of seeking help. More Than Words is a must-read for anyone who has experienced trauma or adversity." - Glennon Doyle

"More Than Words is a powerful and moving memoir that will stay with you long after you finish reading it. Irma Garcia Rios's story is a testament to the power of hope and healing. This book is a must-read for anyone who has experienced trauma or adversity." - Brené Brown

### **Free Download Your Copy of More Than Words Today**

More Than Words is available in hardcover, paperback, and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

Thank you for reading! I hope you found this article helpful.

**more than words** by Irma Garcia-Rios

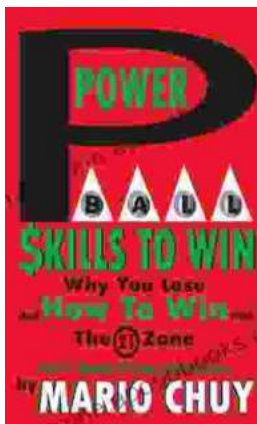
★★★★★ 5 out of 5



Language : English  
File size : 420 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 481 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Unlock the Secrets of Powerball Success: Master the Powerball Skill to Win with Bartleson

Prepare to shatter the odds and transform your lottery dreams into reality with the groundbreaking Powerball Skill to Win by Bartleson. This comprehensive guidebook unveils...



## Patti Smith Horses 33 55: A Photographic Journey into a Musical Legacy

Journey into the raw and enigmatic essence of Patti Smith's timeless masterpiece, Horses, through Philip Shaw's extraordinary photographs in Patti Smith...