I Miss the Hugs, But Not the Hurts

— REVISED EDITION —

I Miss the Hugs, But Not the Hurts is the first book written by Tunishai Ford that shares with women the many valuable lessons she learned from past relationships and experiences. One of the greatest mistakes made during her lifetime was being attracted to the wrong men. The primary cause of this inclination was her fear and reservations of being alone. This overwhelming fear has driven millions of single women to the very brink of disaster.

I Miss the Hugs, But Not the Hurts will encourage you to love yourself, respect yourself and accept yourself. It will challenge you to set higher goals and enhance your self-esteem. In order to do that you must have the desire to create a positive image of yourself and above all, believe in your self-worth. The most valuable benefit that this book has to offer is the enlightenment and causes behind the crisis thousands of women across the world face. Therefore, the advice contained within this book can save your career, your sanity and most importantly, your very life.



Dr. Tunishai A. Ford is an enthusiastic inspirational speaker, empowerment trainer, and image consultant. Dr. Ford is the founder of Your Own Uniqueness, Inc., a self-improvement business/ministry for women and youth. She holds a B.A. in Psychology from the University of Detroit Mercy, a M.A. degree in Theology from Ashland Theological Seminary and a D.Div. from Destiny University. Tunishai is also an ordained and licensed minister.

Her strong convictions and life experiences have given her the desire to reach out and help the emotionally and spiritually oppressed that want to develop and become healthy emotional individuals. **I Miss the Hugs, But Not the Hurts** was inspired by such an experience.

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Your Own Uniqueness, Inc.
Brownstown Township, Michigan
www.tunishai.com

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How to be restored, recover and discover yourself after co-dependency.

Dr. Tunishai A. Ford