



MELSTON

# Maurice Elston

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AUTHOR | SPEAKER | COACH

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## What's It About

Don't Waste the Pain is a powerful, exploration of how emotional pain—whether caused by others or self-inflicted—can become the catalyst for deep healing, growth, and transformation. Through raw storytelling, reflective questions, and actionable guidance, author Maurice Elston offers readers a path to turn suffering into strength, and setbacks into stepping stones.

## Who's It For

Don't Waste the Pain is for anyone navigating emotional hurt, hidden struggles, or the weight of unprocessed wounds. It's for those ready to turn their pain into purpose—with honesty, faith, and practical steps for healing.

Whether you've felt stuck, silenced, or simply tired of pretending you're okay, this book offers the permission—and the path—to grow through what you've gone through.

# Don't Waste The Pain

WHEN PAIN MEETS PURPOSE

MAURICE ELSTON



## Speaking Topics

- Healing After Hurt
- Faith and Pain
- Growth Through Adversity
- Finding Purpose in the Pain

**"Pain is inevitable. Growth is optional. The choice is yours. "**

**BOOKING:**

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