What people are saying about *It Only Hurts When I Can’t Run*:

Every now and then you come across a body of work so well written, with such authenticity of language and telling such a gripping and compelling story that you don't want to put it down. You get caught up in the experience of the characters, living it with them, and you want to keep reading and reading and reading to see how the story unfolds, to see where the story goes.

Such was my experience *with It Only Hurts When I Can't Run: One Girl's Story*. As Oma tells her story, it was as if I was transported from wherever I was reading at that moment to right into the middle of her life, living it with her, seeing it as she saw it, and feeling whatever she was feeling at any given moment—joy and wonder and fear and pain: singing with her in the church choir and running with her down the street, enduring every lick and every mean word spoken to her out of anger and hurt and pain, and all the while rooting for her and loving her and anxiously wanting, and waiting, to see her triumph.

This "girl's story" is a story for anybody who's ever been wounded and who needs the encouragement that weeping may endure for a night, but joy and victory really do come in the morning.

Pauline M. Rivers, Ph.D.

Administrative Pastor of Plant City Christian Center, Inc.

Founder: Healing Emotional Wounds Seminars for Women
& the Institute for Building Strong Families

Gewanda, your story is remarkably inspiring and encouraging. I believe it will encourage others to know that there is hope. After reading the book and getting to know you, the person behind closed doors, [I’m aware that] your life shows how you’ve allowed God to turn much tragedy and turmoil into victory and freedom in who you are today. You’re telling your one girl’s story of how you ran and it somehow always led you to seek God and His will for your life. I’ve been privileged to also embark upon life with you as a dear friend and I’ve watched you purposefully work to remove the barriers of your past from you’re future. After all of that, you remain strong, resilient, loving, full of life, and unbelievably confident in experiencing the best life. I believe your book will help many to stand, persevere, and even run, taking whatever circumstances have dealt by the rings and make life out of it. Bless you for courageously sharing your life in such a breathtaking way. I’m already looking forward to the future release of part two.

Donna Camp

Public School Administrator

Ft. Meade, FL

With so much to do and so little time, the typical person doesn’t feel that he or she has the time to sit down and devour a whole novel. We search for ways to read less while understanding the world and enjoying ourselves more. But the first lines of Gewanda Johnson Parker’s *It Only Hurts When I Can't Run* changed my mind.She quickly, almost imperceptibly, brought me into a new world, and I was unable to leave. I became Oma’s protector and Binta’s healer, and I refused to leave until I completed the journey successfully. For those who have given up on finding substantive, engaging, and pleasurable reading or the voracious book lover looking for the next conquest, *It* *Only Hurts When I Can't Run* is the way to go.

Deborah A. Austin, PhD

Owner & CEO, Re-Imagine Consulting, LLC

The remarkable and powerfully riveting story of one girl’s life in “*It Only Hurts When I Can’t Run”* is one painted in very vivid and broad strokes. It recalls the almost crippling life experiences of a small child who now as an adult reflects cathartically as she struggles to make sense of and find meaning in her ignominious suffering.

This story demonstrates how God is able to make the redemptive promise of renewal and personal revival actual in our lives. It gives authenticity to Saint Paul’s observation at the difficulties of life when he declared regarding those challenges and our ability to overcome them, “No, in all these things we are more than conquerors through Him that loved us!”*(Romans 8:37)* This is a wonderful word of hope and an essential “Must Read” for those who are hurting and are in need of healing.

The Reverend Dr. Elvin J. Parker III

Writer and Commentator

*TheAfricanAmericanLectionary.org*

*It Only Hurts When I Stop Running: One Girl’s Story* is an amazing READ!!! One is immediately drawn into the story... drawn into the characters... drawn into the plot. Though I'm not a big non-fiction reader, I found this to be an excellent read.

Self-help, personal growth and leadership books represent the genre I usually find myself enjoying. However, I found myself drawn in and eagerly wanting to read more about Binta. The Washington DC experience is told with such clarity and in an inviting way that it felt, as the reader, I was there with Oma in the park, on the bus, and standing listening to the many life lessons.

Job well done! The release of this autobiography will bring continued healing and wholeness and will give "VOICE" to others who have suffered in silence. Thank you for having the courage to share your story...

Rev. Candace M. Lewis

Executive Director of Path 1 New Church Starts

General Board Of Discipleship

The United Methodist Church

*It Only Hurts When I Stop Running: One Girl’s Story* by my friend, Gewanda J. Parker, is an autobiographical work that masterfully weaves transparency and transitions together to create a beautiful transformation that all of us strive to reach, that is, the amalgamation of ups and downs that ebb and flow in life to create a mosaic of colors with each thread detailing lessons from the past that are learned and passed on to others as a result of our own metamorphosis. I applaud Gewanda for allowing us the privilege of entering into the secret places of her life, so that we, too, may uncover and discover our own mysteries and mosaics.

The imagery of Gewanda’s evolution from childhood to adulthood is portrayed with such vividness that we can’t help but to picture ourselves alongside her throughout this book. It is through the sharing of stories like hers that we find strength for our own journey as well as the resolve to move forward despite our history while determining to pursue destiny. This book encourages us, through Gewanda’s eyes, to do just that.

Dr. Natalie A. Francisco

Founder/Executive Director, Women of Worth & Worship, LLC

Co-Pastor, Calvary Community Church, Hampton, VA

Author of the following books published by Saint Paul Press:

Wisdom for Women of Worth and Worship:
Lessons for a Life of Virtue, Value and Victory

Parenting and Partnering with Purpose:
Linking Homes, Schools and Churches to Educate Our Children

A Woman’s Journal for Joyful Living: Successful Steps to Holistic Health

I’m Just Saying: Daily Devotional Inspiration and Insight for Men and Women

Wow, I am very excited to see the finish work of this great book. It kept me on the edge of my seat from start to finish, almost as if I had not lived some of its scenes, just to discover how you saw the many outcomes. On a more personal level, how can you gather words to tell this story in such a compelling way? As I reflect on what we endured as children, this is heart wrenching, difficult, and nothing a young pair of siblings should ever witness in their childhood. But I can say that God is good and is the power that brought us through it all. I am beyond happy and proud of you, big sister, for finding the strength to share your secrets, moments of shame, and most of all, your story, to let readers know you are a living testimony to the grace of God. I couldn’t even fathom sharing so much of our dirty laundry in the public eye. Once again, you have shown the courage of ten lions, and I hope to someday have that same boldness. I can’t say enough how thankful I am to have a sister as brave and strong as you. I pray you all the success God has for you comes to past.

I love you like no other, your blood and sister in Christ.

Ms. J. Johnson