



Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1)

Monique Allison

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Releasing That Relationship was created for the woman who is ready to end her toxic relationship and move forward. Through combined personal experience with guided exercises and prompts, Relationship Clarity Coach, Monique Allison, offers honest, vulnerable storytelling, and sound personal development strategies to support and empower readers through the nuances of breakups, divorces, and the emotions attached to those processes.

Message from the author:

Whatever your reasons are for you wanting to leave an unfulfilling relationship, I know you are feeling some form of fear or guilt for even thinking about it and probably ashamed for not being able work things out. Perhaps you are afraid to deal with the grief of the relationship ending. Maybe you can't imagine what life would be like with this change. Or maybe the steps just overwhelm you and leave you stuck. Deep down you know it's the best thing to do, but not knowing how to begin the process of moving forward makes you feel stuck in your unhappiness.

I've been there and I know all too well what you're going through. I know that leaving a relationship is scary as hell and I'm not here to tell you how to avoid the emotional pain and discomfort that comes with it, because you can't. Instead I wrote this book, to help you:

- See past your emotions and be more decisive
- Breakdown mental barriers in order to remove the thought of feeling stuck
- Address your conscious and subconscious fears
- Get really clear about what you want
- Learn how to create sacred space so you can gain clarity
- Get closer to knowing and doing what it takes for you to move forward

It's time for you to commit to doing the necessary work needed to release your unhappy relationship, and this book is a big step toward realizing that goal. Start now with guidance and safe space from someone who has been there.

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From reader reviews:

Matthew Armstrong:

Hey guys, do you desire to find a new book to study? Maybe the book with the name Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1) suitable to you? The book was written by renowned writer in this era. The book entitled Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1) is the main of several books that will everyone read now. This kind of book was inspired a number of people in the world. When you read this e-book you will enter the new dimension that you ever know before. The author explained their concept in the simple way, consequently all of people can easily to be aware of the core of this publication. This book will give you a large amount of information about this world now. So that you can see the represented of the world with this book.

Stacey Lawrence:

Playing with family inside a park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1), you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

Brian Griffith:

As we know that book is significant thing to add our expertise for everything. By a book we can know everything we wish. A book is a list of written, printed, illustrated or maybe blank sheet. Every year had been exactly added. This book Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1) was filled regarding science. Spend your extra time to add your knowledge about your scientific research competence. Some people has several feel when they reading a book. If you know how big benefit from a book, you can truly feel enjoy to read a reserve. In the modern era like currently, many ways to get book you wanted.

Sean Owens:

Reading a book make you to get more knowledge from this. You can take knowledge and information from the book. Book is published or printed or illustrated from each source this filled update of news. In this

modern era like currently, many ways to get information are available for anyone. From media social like newspaper, magazines, science e-book, encyclopedia, reference book, book and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just seeking the Releasing That Relationship: Gaining Clarity from the Heartbreak of a Breakup or Divorce That Nearly Broke Your Spirit (Relationship Clarity for Love and Healing Book 1) when you needed it?

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