



# **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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