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This Is Me Letting You Go



Synopsis

Letting go is not a process that comes naturally to us. In a world that teaches us to cling to what we love at all costs, there is an undeniable art to moving on. And it is one that we are constantly relearning. In this series of honest and poignant essays, Heidi Priebe explores the harsh reality of what it means to let go of the people and situations we love most - often before we are ready to and how to embrace what comes next.

Book Information

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Customer Reviews

I read this book in only a few hours and it made me feel that I was pouring my own heart out on the pages. This is such an amazing book that covers every topic of life in a way you can relate to. This is for both men and women, with the exception of one chapter. MUST READ!!!!

I wish I had read this book long ago but things come to us when we are ready to receive them... great read for healing and understanding

Priceless. Exquisitely written in a clean, beautiful style, Heidi's words put the aching in my heart into language I could wrap my head around. I loved and cared for my life partner for two years through his bladder cancer only to have his daughter force us apart and keep me from seeing him the last two months of his life. This writer's words helped deep healing take root where utter dejection and rage had been. The best book on the subject I've ever encountered.

This book wasn't at all what I expected. But it may very well be one my favorite books ever. I would highly recommend!

After going through a breakup from a toxic relationship, this book is really helpful. Whenever I felt down I read a chapter or 2... or 3 lol. I honestly was not expecting it to be that helpful, but it is. Even if you are not going through a breakup and simply just can't get over someone, or need help learning to love you or someone else.

This book is amazing! I laughed and cried and couldn't put it down. This is a book that you can go back to on hard days!

Excellent. I purchased this because I read an article the author wrote about running away from problems. I had read the article in an effort to better understand my former partner. I purchased this book to help me try to move forward. When I purchased the book, I had no intention of letting him go. It was so great I decided to send one to a friend who was going through another relationship healing for a different reason and another copy to a friend who is afraid to fall in love. Very well written. Old soul.

This is like a lot of books out about moving on and going forward. It is helpful and did shed some light thinking to a jump in the road in your life

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