



## 111 Ways to Let Go of Painful Relationships

*Gay Fry*

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Life is about our relationships with family, friends, work, community, nature, country, animals, pets, the opposite sex, the whole world, and, most importantly, ourselves. These relationships come not only with love and joy, but also with pain and heartache. What's more, we are not usually taught how to deal with the pain and heartache parts of life's relationships. In 111 Ways to Let Go of Pain Relationships, author Gay Fry offers a host of tips and advice to combat the social, psychological, and emotional issues related to the ending of any relationship. Building on her experience navigating a painful divorce, Fry presents simple and effective ways of coping with the life changes brought on by fractured relationships. She shows how accepting life's changes, even when the acceptance process is painful, can lead the path to recovery. 111 Ways to Let Go of Painful Relationships helps women discover it is possible to heal your heart, love again, and emerge from the grief with a whole new life.

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