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How To Move On,
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The Moment of Letting Go is a new-adult romance novel written by the fabulous J.A. Redmerski. I would recommend Ms. Redmerski to readers until my voice gives out, but

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bit underwhelming
in my opinion.

Unfortunately, I
struggled through
some very slow
pacing in the
beginning and then
with characters I
had a hard time
connecting with.

The Moment of
Letting Go by J.A.

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The Moment of
A Redmerski
Letting Go is a slow
building but very
sweet look at two
people who have to
decide what's best
for them. It's about
growing up and
moving on, even
when it's difficult.
It's about falling in
love but having to
find and

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understand
yourself before you
can give the same
to someone else.

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LETTING GO.

Sienna Murphy
never does

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anything without a plan. And so far her plans have been working. Right after college, she got a prestigious job and gained the stability she'd always craved-until work takes her to the sun-drenched shores of Oahu and places her in the path of sexy surfer

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The Moment of
Letting Go by J.A.
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The "The Moment
Of Letting Go" is an
emotional roller
coaster of a story,
which unfolds in a
non- linear manner.
Secrets are
revealed almost to

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the end. The novel
is filled with
secrets, betrayal,
loss, death,
forgiveness,
redemption, with
love shining
through.

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Begin with the seven steps to let go of the past and start living in the moment. This will help you learn and practice mindfulness to help reduce stress and anxiety in your life. Replace your

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negative thoughts
with positive
actions of self-care
to help you grow
and walk away
from negative
situations.

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J. A ...

Letting go means
being willing to
release the past
and future, and live
in the present

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moment. Letting go doesn't mean forcing yourself to get over it or making yourself forget what happened. Instead, letting go is a process of surrendering painful beliefs and emotions, and welcoming in love, understanding,

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42 Powerful Ways
of Letting Go of
Anxiety + Toxic
People ...

To let go of past
hurts, you need to
make the
conscious decision
to take control of
the situation.

However, this can

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take time and
practice. Be kind to
yourself as your
practice refocusing
how you ...

How to Let Go: 12
Tips for Letting Go
of the Past

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can give the same
to someone else.

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Go(56)Online read:

I slide open the
balcony door and
sit down at the
table outside,

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propping my bare feet on the empty chair. Im in a room on the opposite side of the building this time and now I know the source of the

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Go

For a moment, let
go of all trying to
understand. Let go

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of all
understanding.

Here it is. Mooji.

Part 1. Amor fati

(Latin: "a love of
fate") is a mindset

that you take on

for making the best

out of anything

that happens:

Treating each and

every moment – no

matter how

challenging – as

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embraced, not
avoided. To not
only ...

210 Letting Go
Quotes That Will
Make You More
Peaceful

THE MOMENT OF
LETTING GO Sienna
Murphy never does
anything without a
plan. And so far her

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plans have been
working. Right after
college, she got a
prestigious job and
gained the stability
she'd always
craved-until work
takes her to the
sun-drenched
shores of Oahu and
places her in the
path of sexy surfer
Luke Everett.

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