



# **Toxic Relationships: How to Identify an Unhealthy Relationship and Take Action to Repair It or Free Yourself - ( How to Get Out of a Toxic Relationship )**

*Devin Walters*

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**If you are in a relationship that seems to be hurting you, and you need help deciding what action to take, then this book is for you!**

**Read on your PC, Mac, smart phone, tablet, or Kindle device.**

As social creatures, we simply have the need to interact with one another for various reasons. And as you've probably experienced for yourself, not all the people you've had relationships with were ultimately good for you. For example, I imagine that sometime in your past you've known someone who regularly irritated you, another person who belittled you or otherwise diminished your self-esteem, and someone else who was manipulative or dishonest with you. Of course, no relationship is perfect since no individual person is perfect, and occasionally you need to strike a compromise in order to help a relationship develop into its full potential. Believe it or not, with enough effort from both sides, even seemingly hopeless relationships can be salvaged.

With all that said, however, it's important to stand your ground when someone (especially someone who's important to you) starts to do more harm than good in your life. Unfortunately, relationships with the wrong people can adversely affect your daily life and even impact how you relate with other people in the future. Therefore, it's critical that you identify a toxic relationship as soon as possible, and make a change before it's too late. This ebook is designed to provide you with insight and clarity as to the health of your relationship, and it will help you come to terms with the fact that not all relationships are good for you in the long run. I'm also going to show you how to work towards repairing a broken relationship, and if it's beyond repair (or your partner is unwilling), how to prepare to let go. While most of the discussion here is directed toward romantic couples, you can certainly apply the same principles and strategies to relationships with family and close friends as well.

## **Here Is A Preview Of What You'll Learn...**

- Recognizing the Signs
- Different Kinds of Toxic Relationships
- The Process of Saving a Relationship
- Taking Time Apart
- Letting Go as a Last Resort
- Much, much more!

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