



Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life

By Russell Friedman, John W. James

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In this groundbreaking book, authors Russell Friedman and John W. James show readers how to move on from their unsuccessful past relationships and finally find the love of their lives. Demonstrating revolutionary ideas that have worked for thousands of their clients at the Grief Recovery Institute, Friedman and James give readers the strategies they need to effectively mourn the loss of the relationship, while opening themselves up to love in the future.

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Editorial Review

Review

Everyone says, 'You have to let go and move on.' This book actually shows you how to do it. (Jane Seymour, Star of *Wedding Crashers* and *Dr. Quinn, Medicine Woman*, and *James Keach*, Producer of *Walk The Line*)

Moving On is required reading for my class, Getting Love Right: Romantic Relationships in Contemporary Society. It helps my students understand how nonaddressed and incomplete relationship problems always repeat, and how to avoid the pitfalls of carrying their incomplete pasts into their romantic future. (Bernard McGrane, Ph.D., professor of sociology, Chapman University)

The relationship tools we have learned from Russell and John have deepened our love for one another as well as having profoundly enriched our marriage. All we can say is a very heartfelt "thank you" to them and a strong recommendation to anyone interested in having love in their lives to read this book. (Kathleen Silver, senior VP, real estate, and Geoffrey Silver, Ph.D., economist, Beverly Hills, CA)

Friedman and James are in the life-changing business. Are you ready for your life to be changed? Take this book home and read it. (Roy H. Williams, author of *People Stories; Inside the Outside and The Wizard of Ads trilogy*)

Some people think about changing, some people talk about changing, and there are those who actually take actions that lead to better results. If you're in that last category, Moving On spells out the actions that will help you change. (Dave Lakhani, author of *Persuasion: The Art of Getting What You Want and The Power of an Hour*)

By adulthood, most people are experts at hiding their pain, even from themselves. Instead of dealing with it properly, they drag it from one relationship to the next. Friedman and James dispel those misguided notions, and give compassionate but firm instructions for uncovering and "completing" what they call "unfinished emotional business. (Kristin Taveira *Newsday*)

About the Author

Russell Friedman and **John W. James** are the authors of the bestselling *Grief Recovery Handbook* and *When Children Grieve*. Together, they run the Grief Recovery Institute. Both authors live in Los Angeles.

Users Review

From reader reviews:

Thad Whitehead:

The book Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life has a lot info on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. Tom makes some research before write this book. This book very easy to read you can get the point easily after perusing this book.

Henrietta Roderick:

Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information can drawn you into brand new stage of crucial contemplating.

Irene Allen:

Reading a book to get new life style in this calendar year; every people loves to learn a book. When you read a book you can get a large amount of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you want to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, and also soon. The Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life offer you a new experience in studying a book.

Joseph Franson:

In this era globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to your account is Moving On: Dump Your Relationship Baggage and Make Room for the Love of Your Life this guide consist a lot of the information from the condition of this world now. This specific book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some exploration when he makes this book. Here is why this book appropriate all of you.

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