

Title:

The Art of Letting Go

Word Count:

737

Summary:

Letting go of a relationship that has meant everything to us is not the easiest thing to do. E

Keywords:

relationship, depression, fear and anxiety

Article Body:

Now here it comes, the hardest part of all  
unchain my heart that's holding on  
how do I start to live my life alone  
guess I'm just learning, learning the art of letting go  
-Mikaila

Many of us want a lot of things in life, material objects that can symbolize our status and su

However, when things go wrong and the relationship reaches an end, we go through varied emoti

But there is an even more painful experience than ending a relationship. People who break-up

Letting go of a relationship that has meant everything to us is not an easy thing to do. But w  
How do we let go and move on? Letting go of a relationship involves letting go of feelings an

One should also envision other possibilities and not to dwell on the ^what-might-have-beens.~

Often, when we have been in a really good relationship for some time, we tend to lose of our

If one is to truly let go of a relationship, he or she has to forget all the apprehensions, w

Just as it takes two to tango, it also takes two to make a relationship work. One should not d

When one is ready to let go of a relationship and reconcile with the fact that the past is pas

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