



# Leave the Loser!: A Practical Guide for Leaving an Unhealthy or Abusive Relationship

*Rebecca Cheung*

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Some of us live in one every day. Many of us know someone in one. What are we talking about? Unhealthy, or otherwise abusive relationships. Unfortunately, it seems that more and more people are experiencing unhealthy relationships these days and get stuck in them, unable to break away for a variety of reasons. Leave the Loser! shares stories from those who have endured such relationships and provides insight as to why some people stay in them, while others get out. This book sheds light on some of the most common objections we have with ourselves as to why we cannot leave an unhealthy relationship, and provides a practical step-by-step guide to support the difficult choice of breaking free. Are you going to stay in the relationship? Can it work out? How can you leave if that's what you choose? Using the practical guidelines in Leave the Loser!, you will be able to assess your own relationship, make some gutsy choices on what you really want and how you want to proceed, and then how to make leaving happen, if that is your choice. Once you've read Leave the Loser!, you will have an invaluable resource at your fingertips and be inspired to find the courage, freedom and happiness that you've been looking for, and deserve!

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