

How to Use This Book

This isn't the kind of book you read once and leave on the shelf. It's the kind of book you keep close, its pages dog-eared, separated with sticky notes, scribbles in the margins, and coffee drips staining the pages from the mornings you've needed it most. Healing isn't linear, and neither is this book. You don't have to read it from cover to cover. You might open it one day to a chapter on setting boundaries, and the next day to one about letting go of old pain. Follow what calls to you in the moment.

Each chapter gives you:

- A Q&A explanation of the challenge you're facing
- Deep coaching practices to help you work through it
- An affirmation to carry with you
- Journal prompts to dig deeper
- A visualisation to connect with your inner self
- A conclusion and final thought to keep you grounded

Don't rush, healing isn't a race. Some chapters will land hard; when they do, give yourself space.

Most importantly, be honest with yourself here. This is your time, your space, and your book. Use it the way you need to. **You've carried enough.** Now it's time to lay some of it down, piece by piece, and see who you really are underneath the debris.