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The end of a relationship is difficult on its own. When it's the result of your husband leaving you for another woman, that pain goes beyond debilitating. We tend to go through a whirlwind of emotions that cause us to behave in ways that go completely against our character. Instead of being able to pick up the pieces or our shattered lives and begin to heal, we fall victim to certain behaviors that derails our efforts to move on. As a discarded wife myself, I found myself caught between the life that I wanted for myself and the actions that kept me tethered to the pain of my broken marriage. Through great effort and honest self-reflection, I was able to identify five key factors that were preventing me from healing. I share these five factors with you in hopes that you too will find the strength to heal and move forward with your life to be the strong, empowered, independent woman you have always been.

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