

## Drama Free Divorce Detox: The True You



This book is all about your detox journey and you will see a pattern of three simple words. Rediscover, Reclaim and Reinvent. Each word represents a path and the combination of all three represents the new you that will emerge at the end of your detox. You will start to see that there are many times in life when we need to stop and rediscover...reclaim...reinvent. This applies to our relationships of every kind: with ourselves, our spouse, our children, our parents, our siblings, our colleagues and our faith. It goes without saying that as we experience life, we change. Some changes occur naturally when we grow as a person, some changes are prompted by our situation and some by our surroundings. Regardless of why we change, it will be a time of rediscovery, reclaiming and reinvention. You will see these words repeatedly as you read Drama Free Divorce Detox. Let them resonate with you. It is important that they become part of your detox process. What exactly is Drama Free Divorce Detox? What I mean when I say Drama Free Divorce Detox, I mean ridding yourself of everything and anything that can and will block you from moving forward towards a happy and fulfilling life. lets face it - divorce SUCKS! This book is NOT about bad-mouthing your ex, ripping pictures in half or throwing away all of the amazing memories of better times that you shared together; quite the opposite, Detox is about giving yourself permission to release all that crap. It is about learning to replace the ugly parts of the marriage and divorce with the positive things that will feed your spirit and your soul. It is about reclaiming the real you! Loren Slocum lahav is a kickass motivator for women around the world. A distinguished worldwide personal development seminar leader, international speaker, coach, author, philanthropist and entrepreneur who considers her role as Mom to Jos, Quinn and Asher to be her biggest

accomplishment. Loren is the real deal and believes that being real is the only true way to live your life. She uses her realness to help people find empowerment, recognise their value and to learn to stay true to who they are at their core. Loren has facilitated hundreds of six day comprehensive programs for The Anthony Robbins Companies in Europe, Fiji, Puerto Rico and the United States. Loren firmly believes in helping all mankind and puts her beliefs into actions with her commitment to Las Vegas St Jude Youth Board, the Basket Brigade and many other organisations. This is her third book. She also authored The Greatest Love; Being an extraordinary mom and Life Tune-Ups; Your Personal Plan to Find Balance, Discover Your Passion and Step into Greatness. All her books are available on Amazon.com.

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