



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

Rebecca Cheung

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Leave the Loser! shares inspiring stories from those who have endured unhealthy or abusive relationships and provides insights as to why some people leave while others stay. This book sheds light on some of the most common objections we have with ourselves as to why we cannot leave an unhealthy or abusive relationship, and offers a practical step-by-step guide to support the difficult choice of breaking free, if that is your choice. You will have the opportunity to evaluate your own situation and make some empowering choices to change your life.

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