

## **MOVE ON...SO YOU CAN LIVE THE LIFE YOU DESERVE!**

*"Only when we are no longer afraid do we begin to live."  
-Dorothy Thompson*

Has your relationship with someone ended? Are you dealing with all of the emotions of letting go of someone you loved? Wondering how in the world you will be able to move on? Don't forget one major factor about "the end."

The end is just the beginning!

Everyone who has been there can tell you that yes, it hurts. But, you can and will survive this heartache. You can and will get over this and move on to a better life. It's a choice that you will either make or choose not to make. It is totally up to you.

The reality is, for whatever the reason; your relationship is over. But, that doesn't mean that your life is over.

You may not like it, but the truth is...you have to choose. You can choose to make your life miserable by holding on to something that doesn't exist anymore. (Only in your hopes and dreams).

Or...you can make the decision; that even though things didn't work out the way you wanted...you are going to pick up the pieces of your life and "move on."

I'm going to say it again so you hear it loud and clear: It really is your choice!

After you go through the necessary and normal process of getting over this relationship, choose to take charge of your life and go after what you want.

Find the courage to pull yourself up and not let this destroy you. You deserve all of the happiness and love you've always wanted and you can still have it, it will just be with someone new.

Now is your chance to begin a journey to discover who you are; to understand that you really do deserve more and to learn about what your truly want out of life.

Continue to keep you thoughts focused forward. Focus on a better

life enjoying yourself in a healthy, happy relationship. Don't dwell on the past and how hurt you feel. Dwell on a new direction, a new beginning. You are the only one who has control of what you think about all day long.

We have all been there and know that it isn't easy but we also know that you will survive this heartache and come out of the other end of the tunnel a new and improved version of your former self.

There really is life after what's-their-name. You just have to make the decision to let go and move on.

You and you alone possess the power to do whatever you want. Take little steps each day and you will be amazed that you really are starting to feel better.

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

Susan Russo is the President of Pinnacle Thought Inc. Publisher for books and resources which provide inspiration, self-empowerment and the tools and strategies to help move you toward personal success and fulfillment. She is editor of "You've Got Power" ezine. Author of "There Is Life After What's-His-Name" and "The 7 Keys To Unlock the Power Within You" which can be found at: <http://www.susanrusso.com>  
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