

Deserving Better: The Story of a Woman Who Expected a Ring

Deserving Better is the story of a woman who expected a ring, but instead found herself in a toxic relationship. The book is a powerful and inspiring account of one woman's journey to self-discovery and healing.



Deserving Better: She was expecting a ring....

by Dianne Chapman McCleery

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 9 pages

Lending : Enabled

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The author, Sarah Jones, was in a relationship with a man for seven years. During that time, she was constantly belittled, emotionally abused, and even physically assaulted. But Sarah stayed in the relationship, hoping that things would change.

One day, Sarah finally realized that she deserved better. She left the relationship and began the long process of healing. Deserving Better is the story of Sarah's journey to self-discovery and healing.

The book is divided into three parts. In the first part, Sarah tells the story of her relationship with her abusive ex-boyfriend. In the second part, she shares her insights on toxic relationships and how to get out of them. In the third part, she offers advice on how to heal from the trauma of an abusive relationship.

Deserving Better is a powerful and inspiring book that will resonate with anyone who has ever been in a toxic relationship. Sarah's story is a reminder that we all deserve to be treated with respect and that we should never settle for less.

What is a toxic relationship?

A toxic relationship is a relationship in which one person is constantly belittled, emotionally abused, or even physically assaulted. Toxic relationships can be very difficult to get out of, because the abuser often makes the victim feel like they are worthless and that they deserve to be treated badly.

There are many different signs of a toxic relationship. Some of the most common signs include:

- Constant criticism and belittling
- Emotional abuse, such as name-calling and humiliation
- Physical abuse, such as hitting, pushing, or shoving
- Isolation from friends and family
- Control over finances and other aspects of the victim's life

If you are in a toxic relationship, it is important to get out as soon as possible. The longer you stay in the relationship, the more damage the abuser will do to you.

How to get out of a toxic relationship

Getting out of a toxic relationship can be very difficult, but it is possible. Here are a few tips:

- Tell someone you trust what is happening. This could be a friend, family member, therapist, or anyone else you feel comfortable talking to.
- Make a plan to leave the relationship. This may involve finding a new place to live, getting a job, or getting financial help.
- Be prepared for the abuser's reaction. The abuser may try to guilt you into staying, threaten you, or even hurt you. It is important to stay strong and to remember that you deserve better.

Getting out of a toxic relationship is not easy, but it is possible. With the help of friends, family, and professionals, you can heal from the trauma of the relationship and move on to a better life.

How to heal from a toxic relationship

Healing from a toxic relationship takes time and effort. There is no one-size-fits-all solution, but there are a few things that can help.

- Allow yourself to grieve. It is important to allow yourself to grieve the loss of the relationship, even if it was a toxic one.

- Talk about your experiences. Talking about your experiences with a therapist, friend, or family member can help you to process what happened and to begin to heal.
- Focus on self-care. Take care of yourself both physically and emotionally. This may involve eating healthy, exercising, and getting enough sleep.
- Build a support system. Surround yourself with people who love and support you. These people can help you to heal and to move on with your life.

Healing from a toxic relationship takes time and effort, but it is possible. With the help of friends, family, and professionals, you can heal from the trauma of the relationship and move on to a better life.

Deserving Better is a must-read for anyone who has ever been in a toxic relationship

Deserving Better is a powerful and inspiring book that will resonate with anyone who has ever been in a toxic relationship. Sarah Jones's story is a reminder that we all deserve to be treated with respect and that we should never settle for less.

If you are in a toxic relationship, or if you are struggling to heal from the trauma of a past relationship, I encourage you to read Deserving Better. Sarah's story will give you hope and inspiration, and it will help you to believe that you deserve better.

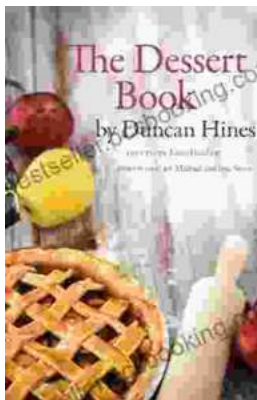
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