Key Ideas of Real Life and Relationships Don't Mix

A Memoir of Overcoming Trauma and Rediscovering Confidence and Love

Over time, many of us can become lost in our relationships, but we can also empower ourselves by taking a journey to fulfillment and rediscovering our confidence and love for our partner.

I understand this story because it's also my story. My independence and sense of self almost vanished after surviving various traumas throughout my life. This didn't just affect me; it also profoundly affected my relationship with my partner. But I gradually became more empowered by becoming self-aware, recognizing and addressing unhealthy patterns, and working on self-care. Today, I am a personal coach and writer. To help other women, I wrote *Real Life and Relationships Don't Mix* to share my own path to joy and healing.

Can a Committed Relationship While Living Apart Bring You Closer To Your Partner?

What do Cybil Shepard, Gillian Anderson, and Gwyneth Paltrow have in common? They are all married or in committed relationships yet live apart from their partners. If you've ever thought, "I love my partner, but I don't want to live with them," you're not alone. More and more couples today are Living Apart Together (LAT).

My partner Glenn and I are a LAT couple, and this living arrangement has enabled us to be closer than we've ever been in our 22-year relationship. *Real Life and Relationships Don't Mix* highlights my path to healing and our journey as a couple to a loving and fulfilled relationship living apart from each other.

Journaling As A Resource and Tool For Self-Discovery and Empowerment

Psychology Today estimates that as many as 1 in 6 people journal regularly, and with good reason. Journaling is a powerful tool for processing thoughts and emotions, organizing ideas, and engaging in self-discovery.

At the end of each chapter of *Real Life and Relationships Don't Mix*, readers will find exercises and journaling questions to guide their own journey to rediscovering themselves. As my gift to readers, I've compiled a companion workbook journal to accompany the book exercises, which is FREE with your book purchase.

Reclaiming Self-Confidence and Independence

Some of the themes in my book revolve around helping women reclaim their authentic selves while building self-confidence, empowerment, and independence. Many of us prioritize our relationships over everything else, which eclipses any life we want for ourselves. We give up our hopes and dreams to serve others, which, in the end, is not healthy for us. Through a daily regimen of meditation, self-care, and cultivating self-love, I help women understand the importance of taking back their independence and creating more space in the relationship.

Customize Your Relationship So it Works for You

Society, the media, books, TV, and movies dictate how a relationship should look and work. In *Real Life and Relationships Don't Mix*, I challenge those notions and encourage readers to customize a relationship that works for them. It may not look like everyone else's, but if it works for you, that is all that matters. Throw out the word "should" and do what makes you happy.