



# The Courage To Let Go

*Dena Tyson*

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## **The Courage To Let Go** Dena Tyson

Based on a true story -my story in fact. You journey with me as I struggle to overcome the scars of low self-esteem and lack of self worth in an attempt to rebuild my life again. I realized I loved myself more than the abusive situation I was in and found the strength to walk away. The reward is not in the struggle in and of itself but finding the courage to let go.

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