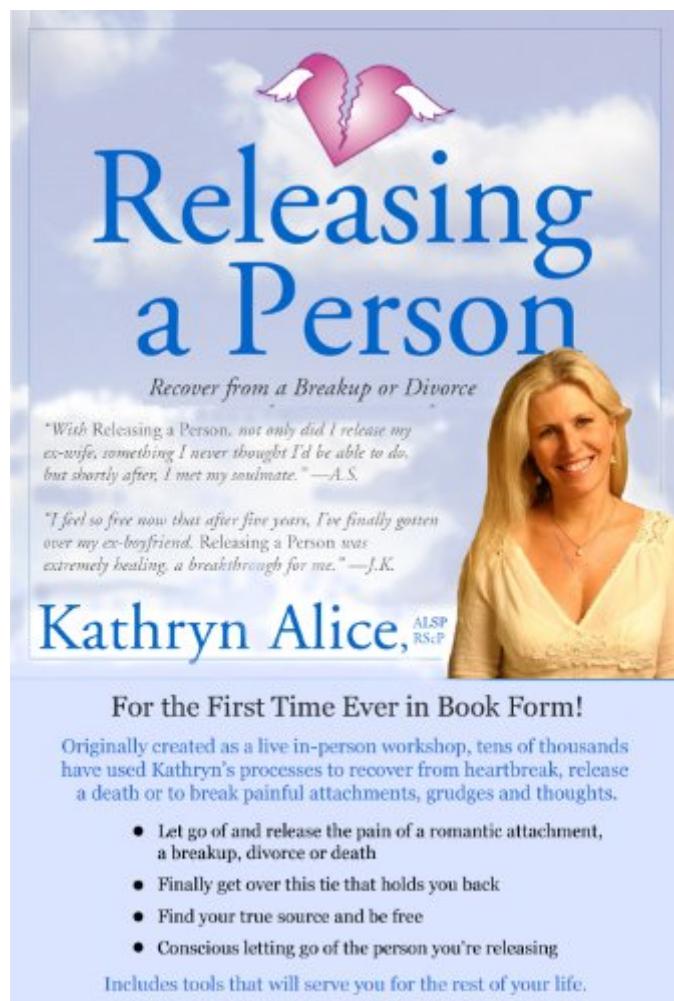


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# Releasing A Person: Fast Recovery From Heartbreak, A Breakup Or Divorce (Love Attraction #1) (Love Attraction Series)



## Synopsis

Releasing a Person was first a workshop and then a bestselling CD that popular love guru Kathryn Alice created to help those suffering with the deepest attachment we face: that to another person. It has produced MIRACLES for those who have used it. For the first time, this material is being made available in book format. It will help you: • Relieve the pain of a break-up or divorce • Heal from heartbreak • Dissolve a pesky attachment that is putting your life on hold • Possibly work it out with the person you're releasing (Kathryn calls this "The Phenomenon" in the book) • Free yourself for the REAL love that awaits you beyond tie • Get beyond a "crazy love" situation that is making you miserable Kathryn Alice, author of the bestselling book *Love Will Find You*, has helped tens of thousands go beyond heartbreak to find the love of their lives. She has taught in over 50 cities internationally, and her work has been featured in *Psychology Today*, *USA Today*, *The Associated Press*, *The New York Times*, *Parade Magazine*, *Body+Soul Magazine* and many other media. After a painful divorce, Kathryn found happiness with her husband of over a decade, Jon, and they have four boys.

**REVIEWS:**

"Kathryn teaches about the process of releasing people, in order to attract those who are for our highest good. Kathryn shows us the way to manifest the love relationship of our dreams. Her work is powerful, and it worked for me!" ~Steve Viglione, La Jolla, CA, Founder and CEO, The IAM Foundation

"As a Holistic Psychotherapist, many of my clients at one point or another suffer with the pain of breaking off a relationship or they have a relationship from the past they are holding on to that is keeping them from finding Soulmate Love. I have recommended Kathryn's release work to them and they have experienced magical and miraculous healings. After seeing the power of this work over and over with my clients-- I tell everybody I meet who needs to release someone to get Kathryn's work! It opens the doorway for them to finally let go and open up to the Soulmate Love they truly deserve." ~Shelley Riutta MSE, LPC, Green Bay, WI

"Kathryn Alice's work on release and calling forth one's soulmate has been instrumental in my practice. I have used her work to help women detach from unhealthy situations and change their relationship blue print so that they can attract the partner they so desire." ~Linda Etim - MSW, LICSW, St. Paul, MN

"Kathryn's releasing work has been the key to unlocking the door to more love and peace-of-mind in my life. The quality of my relationships has improved beyond words. Put it into practice and you'll see for yourself." ~Lisa Caroselli, CLAC, New Jersey

"I am releasing as I write! I love this work. I think you are amazing! Thank you so much! You have given me hope again." ~Susan Hartzler, Los Angeles

"I feel 10 lbs lighter, my back is loosened. I feel free and ready for the love of my life. I love this work so much, I have given it as a gift to many friends suffering through a break-up." ~Ali Brown, from ABC's *Secret Millionaire*, Marina del Rey

## Book Information

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## Customer Reviews

I came across this cd while reading the author's book Love Will Find You: 9 Magnets to Bring You and Your Soulmate Together, which is the best book I've read (not just on dating but) on finding true love. There is a chapter in the book about releasing old loves to open yourself for your soulmate. I usually have a hard time getting over people I really care about and I used this cd to help me get over an ex-gf who I had the hardest time getting over (and I tried everything!) I was skeptical at first but I kept doing the meditations on the cd everyday, and after a month, I realized I honestly wasn't even thinking, much less pining, about my ex anymore! It was a miracle. This stuff is amazing! Kathryn's voice is very soothing and even though you may be skeptical at first, keep doing it -- it will really put you in a positive frame of mind about your love life -- and before you know it, you're really over that person, and you're well on your way to finding your true love! I used this with the book and her other cd Manifesting Love: Call Forth Your Soulmate, and I haven't even finished the book yet, but shortly after I realized I have truly released my ex, I met, NOT ONE, but THREE women (!) around the same time, and one of them is NOW my current girlfriend and we are nearing our

one-year anniversary! It's looking very positive and I can't wait for us to get to the next level! :)

I have used Kathryn Alice's release process for over 5 years through her Realeasing a Person CD, which is the basis of this book. The first time I was taken through this process was as part of a workshop led by Kathryn. It was during a painful time in my life, as my grandmother was dying. Leading up to her death, 6 people in a 4-5 day period commented that it was up to me to release my grandmother, that she was staying here for me. But I had no idea how to let her go. Kathryn's workshop just happened to be during this time period. The day after the workshop, I visited my grandmother one last time to say good-bye. Once I returned home that night, I lit a candle and applied the process to my relationship with my grandmother. I was deeply and profoundly connected to my grandmother in this process and I was able to release her. It was one of the hardest things I've ever had to do, but Kathryn gave me the tools to do it. I was completely convinced that if it could work for me in releasing my grandmother, it could work for me in releasing anyone and any relationship. Later, I had need to release a romantic relationship that I had clung to for years. I applied this process and it helped me let go in a gentle and honoring way. I've used it at the end of romantic relationships, as well as at the end of other relationships. Each release is different, but the freedom and peace that follows is always awe inspiring. There aren't enough good things I can say about this book and her work. I have recommended it to most of my closest friends, even loaning them my cd. This work has been a big life changer for me, in the best possible ways! If you need to release a person or a relationship, even if the person has already died, this is the book for you! Give yourself the gift of a kind, loving release. Peace, freedom and hope follow.

I met someone not long after I read Kathryn's book. I actually thought he was the one. When it ended, this tape helped me realize that he is not the one and helped me to move on QUICKLY and be open for the real one...

The guided meditation on this CD is very powerful. I played it in a group setting and everyone reported that they had powerful experiences of letting go. It works not only for ex's, but for anyone you need to release - parents, co-workers, the person at the grocery store that made you angry. Kathryn Alice's voice is very soothing and comforting.

This workshop is so gentle and loving, it's a dear sweet friend along on a journey I felt only I could 'suffer' through or 'endure'. Actively releasing a person with love is a resonatingly healthy and

wonderful option I never knew before meeting with Kathryn Alice's simple exercises. This beautiful woman and her powerful, loving words fill me with light. I strongly recommend 'Releasing a Person' to assist you if you know you are in need...

Kathryn Alice's works have been a godsend to me these last two years, after exiting a long-term relationship and wondering whether there was love in the future. I have not yet found my new long-term partner, but I have had my fair share of infatuations and dating attempts that did not work out. Each time I perform the release meditations and tips in this work, it gets easier to let go of failing love and rekindle hope that there is real love out there. In addition to this work, I highly recommend taking part in Kathryn Alice's teleseminars. She hosts many of them for no charge. They elaborate on her books and meditations and provide more in-depth tips, along with encouragement, on helping all of us have the best love lives.

I actually used the download. I got the book too, but unless you have an amazing memory, I would strongly recommend using the download. It talks you through the process and it's lovely to keep going back to it and using the meditation again and again as required. I've read all of KA's books, and while I'm yet to meet my ONE (he's on the way though, I'm sure!), I now feel like I have a better ability to quickly identify if someone isn't right for me, or a situation isn't working for me and to release it and move on. It's a work in progress, but I've come a long way (prior to this work I stayed in relationships that were wrong for me for years). I would really really appreciate if anyone reading this review could bless me for love and if you have success in your love life please keep those of us still striving in your thoughts. Thank you!!

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