

THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

LET GO AND MOVE ON

Release the Past,
Find Closure and
Make Space for
What Comes Next

*Release.
Reset.
Rise.*

- TODAY I CHOOSE:
- ☒ Let go of what I can't change
 - ☒ Learn from the past
 - ☒ Focus on today
 - ☒ Create a new future



ALDEN M. CORVALE

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*Release the Past, Find Closure and Make Space for What
Comes Next*

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Copyright & Reader Note

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This book is educational and is not a substitute for individualized mental-health, medical, legal, grief, or trauma care. If the past involves abuse, violence, trauma, severe depression, self-harm, complicated grief, or major impairment, seek qualified professional support.

Forgiveness and reconciliation are not requirements for recovery. Safety, consent, boundaries, and your individual circumstances come first.

How to Use This Book

Read slowly enough to practice. Letting go is not measured by how quickly you stop feeling. It is measured by whether you are gaining more choice over your attention, boundaries, actions, and future.

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Introduction - You Can Carry the Memory Without Carrying the Weight

Letting go is one of those phrases that sounds simple until you are the person who has to do it. A breakup, betrayal, loss, mistake, missed chance, family conflict, or unfinished conversation can remain present long after the event itself is over.

This book is not about pretending the past did not matter. It is about learning how to stop giving yesterday unlimited access to today. You will work with rumination, grief, unanswered questions, forgiveness, boundaries, self-trust, identity, and the practical routines that make a new chapter real.

You do not have to rush. You do not have to forgive anyone who harmed you. You do not have to reconcile. And you do not have to feel completely healed before you begin living again. Progress often starts with a smaller goal: less replay, more choice.

Use the exercises as experiments. Keep what helps. Adapt what needs to fit your circumstances. If your past involves trauma, abuse, bereavement, or severe mental-health symptoms, use this book as support rather than a substitute for qualified care.

A Practical Principle

The goal is not to force an emotion to disappear. The goal is to reduce the behaviors that keep the old chapter active and strengthen the behaviors that build the life you want now.