



# The Art of Letting Go: Learning To Love Myself Through Poems of Betrayal, Healing, and Forgiveness.

*By MP Frias*

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A collaboration between a poet and an illustrator - both trying to explain in their own ways, how they transformed heartbreak into self-love.

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- Rank: #419522 in Books
- Published on: 2016-07-17
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .29" w x 6.00" l, .40 pounds
- Binding: Paperback
- 128 pages

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