

“Everyone says, ‘You have to let go and move on.’
This book actually shows you how to do it.”

—JANE SEYMOUR, star of *Wedding Crashers* and *Dr. Quinn, Medicine Woman*,
and JAMES KEACH, producer of *Walk the Line*

Moving On



Dump Your
Relationship Baggage
and Make Room
for the Love of Your Life

RUSSELL FRIEDMAN & JOHN W. JAMES

Authors of the bestselling *The Grief Recovery Handbook*
and *Moving Beyond Loss*