

# Escape the Cycle of Toxic Relationships with "My Great Ex Scape"

Are you tired of the endless cycle of toxic relationships? Do you feel like you're constantly attracting the wrong people into your life? If so, then "My Great Ex Scape" is the book for you. This groundbreaking guide will help you identify the red flags of unhealthy relationships, understand why you're drawn to them, and most importantly, break free from the cycle.

This comprehensive book covers a wide range of topics, including:

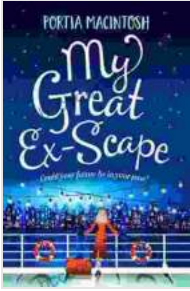
- **The warning signs of toxic relationships**
- **The different types of toxic people**
- **Why you're drawn to toxic relationships**
- **How to break free from the cycle**
- **How to heal from the wounds of a toxic relationship**
- **How to build healthy, fulfilling relationships**

"My Great Ex Scape" is essential reading for anyone who has ever been in a toxic relationship. If you're tired of the pain, the drama, and the emotional turmoil, then this book can help you break free from the cycle and create a brighter future for yourself.

**My Great Ex-Scape: A laugh out loud romantic comedy**  
from bestseller **Portia MacIntosh** by Portia MacIntosh

★★★★☆ 4 out of 5

Language : English



File size	: 2497 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 280 pages



"My Great Ex Scape" is different from other books on toxic relationships because it offers a comprehensive, research-based approach to the topic. Author Dr. Lisa Firestone, a leading expert on attachment and relationships, draws on her decades of experience to provide readers with practical, evidence-based strategies for breaking the cycle of toxicity.

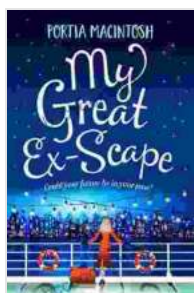
Don't just take our word for it. Here's what people are saying about "My Great Ex Scape":

- "This book is a lifesaver. I finally understand why I'm always attracting the wrong people into my life, and now I have the tools to break free from the cycle." - Sarah J.
- "Dr. Firestone's insights are brilliant. This book has helped me to heal from the wounds of my past relationships and build healthier, more fulfilling relationships in the future." - John C.
- "This is the best book I've ever read on toxic relationships. It's well-researched, insightful, and above all, it's practical. I highly recommend it to anyone who's struggling with this issue." - Susan B.

If you're ready to break free from the cycle of toxic relationships, then Free Download your copy of "My Great Ex Scape" today. This book can help you to:

- Identify the red flags of unhealthy relationships
- Understand why you're drawn to toxic people
- Break free from the cycle of toxicity
- Heal from the wounds of a toxic relationship
- Build healthy, fulfilling relationships

Don't wait any longer. Free Download your copy of "My Great Ex Scape" today and start your journey to a brighter future.



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