



# Letting Go: A Memoir To Set Me Free

*Esperanza Diamante*

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## **Letting Go: A Memoir To Set Me Free** Esperanza Diamante

Letting Go: A Journal to Set Me Free is a journal about learning to let go of the pain of traumatic events in my life such as abuse, a non-existent relationship with my father, several failed relationships and a battle with bipolar disorder. I discuss my inner most thoughts, review my destructive patterns, and came to terms with my life as a whole. In the end, I realized all the things that have been holding me back are within me. In the end, I make light of all the lessons that seem like failures of my life, and finally accept myself.

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