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Tamara's Relationship Transformations Archives Available

June 08th 2016: Why Did He Break Up with Me?

Host Tamara Neal breaks the silence of emotionally abusive relationships during a heartfelt live interview with Author Debora Ricks! During this, tell all interviews, Author Debora Ricks will teach us how to break the silence of common less talked about emotionally abusive relationships.

Many people fall victim to emotionally abusive relationships and breakups on the regular basis and do not know how to cope with the loneliness that follows a breakup. Debora will teach us how to move forward when you can no longer look back, about sacred contracts and much, much more!

You will

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Featured Guest



DeBora Ricks

DeBora M. Ricks is a Self-Love Coach, Book Midwife, Editor and Author of three books. She walked away the practice of law to write her first book, Love Addicted: One Woman's Spiritual Journey Through Emotional Dependency. Why Did He Break Up With Me? Lessons in Love, Loss & Letting Go was published in 2013. Her most recent book, for wannabe authors, is Write That Book! How to Start or Finish the Book You Are Meant to Write. DeBora has appeared on NPR's Tell Me More with Michel Martin, WHUR, WEAA, WOLB, WJZ-TV and WBAL-TV. She is the former executive producer of The Anthony McCarthy Show. DeBora is also the host of She Struts Radio, a blogger and the founder of Sisters Gathering to Heal

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