

BIG Wild love

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LET GO FOR IT®

We all want love—the big wild badass kind that makes us feel dreamy and special and safe. And yet, so many of us get stuck along the way, wondering if the person we're with is the ONE. Use this roadmap to navigate some of the common pitfalls of love—as defined by the experts and experienced, of course, by yours truly. Trust me. It's time. Let go already.



Good relationships take time, awareness, risk, sharing, pound cake, Netflix, sometimes separate bedrooms, a lot of eye rolling and muttering under your breath, and a healthy dose of letting go. For more on how to do it, follow me at letgoforit.com and on Facebook, YouTube, Twitter, Instagram, and LinkedIn.