

A woman with long, flowing brown hair is shown in profile, looking out over a turbulent sea. She is wearing a flowing white dress that is billowing in the wind. The background features a dramatic sky with large, billowing clouds in shades of yellow, orange, and blue, suggesting a sunset or sunrise. The sea is dark blue with white-capped waves crashing against the rocky shore in the foreground.

*I held on longer than I
should have.*

Out of habit. Out of fear



*But I'm learning to let go—
of people,
of pain,
of pressure.*

A landscape photograph of a river flowing through a valley under a sunset sky. The sky is filled with horizontal bands of orange, pink, and yellow, transitioning into a darker blue at the top. The river reflects the warm colors of the sky. In the foreground, there are some dark, silhouetted plants. The overall mood is peaceful and contemplative.

Letting go isn't giving up.

*It's choosing peace
over pressure.*

A woman with long brown hair tied back is sitting cross-legged on a grassy bank. She is wearing a light blue t-shirt and dark pants. She is looking out over a calm lake towards a forest silhouette. The sky is filled with warm, colorful clouds at sunset. The overall atmosphere is peaceful and contemplative.

*Letting go makes room for
something softer to enter.*

*Something calm,
Something true.*



*In every release, I
return a little more
to myself.*

*That's where kindness
begins.*

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