



This Is Not My Life!: Coaching the Past to Help Your Future

S. M. Love

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The ugly details about an intimate relationship on blast is what S.M. Love gives us in *This Is Not My Life*. She pores out the details nobody ever wants to talk about in a relationship. She even admits the part she played in the dysfunction. The book takes us through her past, and gives coaching advice to help others prevent the same mistakes. *This Is Not My Life* was written to help others set themselves free from relationship drama and to find happiness. The author uses this piece of her life to show how blind you can be in the middle of any relationship. S.M. Love takes off her love blinders, and puts on her life coaching lenses to tell you where she went wrong. The little reminders in the book are things one can use in everyday life. The book is an enjoyable read, and relates to the one thing men and women have in common, difficult relationships.

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