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THIS BOOK IS DEDICATED TO:

Take a moment and ask yourself this:

Can you name three people who love you unconditionally?

Are you sure?

It sounds simple, but in life, the answer isn't always as clear as we'd like it to be.

I've asked myself this question more times than I can count sometimes with confidence, and sometimes through tears. Life has a way of teaching us who's truly there, not when things are easy, but when everything around us falls apart. This question — this hard truth — sits at the heart of the story you're about to read.

Let me introduce you to Ellen, the soul of this book. She is the main character, but she is also a reflection of many of us. Ellen learned the answer to this question in the most painful way possible – through betrayal, heartbreak, and almost the loss of her own life. Her story is not just fiction; it's stitched together from real experiences, drawn from the deepest corners of my own journey, and shaped by people I've loved, trusted, and lost. I wrote this book because I believe stories have power — the power to heal, to reveal, to connect, and to make sense of what often feels senseless. It's filled with laughter, tears, tough questions, and moments that may mirror your own. It will ask you to think. To feel. To examine the motives of those you've let into your life. And most importantly, I hope it inspires you to cherish the people who truly, deeply love you — the ones who show up, hold on, and never ask you to earn their love. Because love, real love, doesn't demand perfection — it simply stays. So as you turn these pages, know that this isn't just a story. It's a conversation.

It's a mirror.

It's a hand reaching out, saying: You're not alone.



