

Introducing The R.E.L.E.A.S.E. Workbook

Let it out. Live again. Walk forward lighter.

Sometimes peace begins with permission — permission to stop carrying what was never yours to keep. The R.E.A.L.E.A.S.E. Workbook was created to help women slow down, breathe, write, pray, and process the emotional weight they have been holding. 💖

What R.E.L.E.A.S.E. Means

R – Recognize what you are carrying ☁️
E – Exhale what has been weighing you down 💨
L – Let go of what God did not assign to you 🕊️

E – Embrace clarity, healing, and truth ✨
A – Align your thoughts with peace and purpose
S – Speak life over your next chapter 🗣️
E – Enter your new season lighter and stronger

Inside the Workbook

Quick Release Tip 💛

The 5-Minute Release Rule

When life feels heavy, set a timer for 5 minutes and write down everything on your mind—without editing, organizing, or judging your thoughts.

Ask yourself:

- ✓ What can I control?
- ✓ What belongs to someone else?
- ✓ What can I release to God today?

Take a deep breath, say a short prayer, and choose one small step forward.

Remember: You don't have to carry everything at once. Peace often begins with release.

Why You'll Love It

This workbook is a safe, colorful space to release pressure, sort through emotions, invite God into the healing process, and make room for peace. It is for the people who have been strong for everyone else and is ready to care for her own heart. It's a gentle invitation to your own renewal.

Call to Action

Available on Amazon.com!

R.E.L.E.A.S.E. Workbook by Jacqueline Gordon Cain

"You were never meant to carry every burden, solve every problem, or hold every hurt. Sometimes healing begins by simply letting go of what no longer belongs to you." — Jacqueline Gordon Cain ❤️

Jacqueline Gordon Cain | Author • Speaker • Breast Cancer Survivor • Faith-Based Encourager
Let it out. Live again. ☀️