

## **AUTHOR BIO**

*Dump That Chump: A Ten-Step Plan for Ending Bad Relationships and Attracting the Fabulous Partner You Deserve*, is a work that required many years of personal anguish, lots of psychotherapy, and hard work on the author's part. **Esther Kane, MSW, RCC**, truly believes that as a psychotherapist, she cannot guide clients successfully into and through places she hasn't personally examined and worked through in her own life.

Through witnessing multiple break-ups, abuse, infidelity, and various addictions in her own family growing up, Esther had few role models of healthy relationships to emulate when she grew up. As a result of her upbringing, she emulated what she had learned in her family-of-origin and was subsequently involved in one miserable unhealthy relationship after the next until she reached a breaking point. At the age of 21, she narrowly escaped a very abusive relationship that left her feeling that something inside of her had to change if she were to ever have a good relationship in the future.

There and then she decided that she would rather be single and a bit lonely than to be in one more toxic relationship. She spent the next five years working really hard on herself in both individual and group therapy, to create a space for a supportive, loving, and satisfying relationship someday with someone who was perfect for her. The result? At the age of 27, she found the man of her dreams and almost eight years later, is enjoying a blissful and rewarding marriage as a result.