

Because *She* Knows Better

A Woman's Walk Through
Love, Accountability & Becoming

Truth
Healing
Accountability
Discernment
Becoming



SHE LISTENS WITHIN.
SHE OWNS THE LESSON.
SHE CHOOSES DIFFERENTLY.

Tatiana Andrea



A Branded Reader Sample

Because She Knows Better

— Book One: The Awakening —

This sample includes the opening reflection and the full first chapter of *Because She Knows Better*, created for the woman who is ready to tell herself the truth without shame.

What You Will Find Inside

- A quiet invitation into the heart of the book
- The full Chapter One: The First Time You Ignored Yourself
- The Accountability Mirror and Soul Work questions from Chapter One
- A simple note on how to purchase the Kindle eBook through a browser

She listens within. She owns the lesson. She chooses differently.

Before You Begin

An excerpt from the introduction

This book is not here to shame you.

It is not here to make you feel foolish for the love you gave, the chances you extended, the red flags you softened, or the version of yourself you became while trying to hold something together. This book is here to sit beside you and tell the truth with you.

Because somewhere along the way, many of us learned how to survive pain, but not always how to understand it. We learned how to keep going, how to smile when we were tired, how to show up when we were breaking, and how to make things look better than they actually felt. But healing asks for more than survival.

Healing asks us to be honest. Honest about what hurt us.

Honest about what we ignored. Honest about what we wanted so badly that we accepted less than we deserved.

Honest about the ways we confuse being chosen with being loved.

Honest about the moments we knew better but did not yet know how to choose better. And that is the part we do not always want to talk about.

It is easy to talk about what they did. It is harder to talk about what we allow.

Not because their actions were okay. Not because betrayal, neglect, dishonesty, manipulation, or emotional immaturity should ever be excused. But because our freedom is not found in rehearsing only what someone else did wrong. Our freedom begins when we finally ask:

What was happening inside of me that made me stay where I was not being loved well?

That question is not punishment. That question is power.

Because when a woman becomes willing to tell the truth to herself, she begins to take her life back. This book is for the woman who is tired of pretending she is fine.

*The full book continues this walk through
love, accountability, healing, and becoming.*

The First Time You Ignored Yourself

There is usually a moment. A small one. A quiet one. A moment when something inside of you whispers, this does not feel right. But instead of listening, you explain it away. You tell yourself maybe you are overthinking. Maybe you are being too sensitive. Maybe you have been hurt before, and now you are just afraid. Maybe he is busy. Maybe she did not mean it that way. Maybe this situation will improve once you are more patient, more understanding, more loving, more useful, more available, more forgiving. So you silence the whisper. And once you silence it the first time, it becomes easier to silence it again. That is how many women lose themselves. Not all at once. Piece by piece. A boundary here. A standard there. A truth swallowed. A question left unasked. A concern softened because you did not want to sound difficult. A disappointment minimized because you did not want to seem needy.

And before you know it, you are standing in the middle of something that no longer feels like love, wondering how you got there. The truth is, you got there slowly. You got there by overriding yourself. You got there by making someone else's comfort more important than your clarity. You got there by choosing peace on the outside while creating war inside of yourself. And many of us have done it. We have ignored the tone that felt dismissive. We have ignored the inconsistency that made us anxious. We have ignored the apology that sounded good but changed nothing. We have ignored the way our body tensed when a certain name appeared on our phone. We have ignored the sadness that came after spending time with someone we claimed made us happy. We have ignored the exhaustion of always being the one to understand. And we did not ignore these things because we were weak. Sometimes we ignored them because we were hopeful. Sometimes because we

were attached. Sometimes because we had already invested too much. Sometimes because we did not want to start over. Sometimes because we were more afraid of losing the person than losing ourselves. That is a painful truth. But it is also a freeing one. Because once you understand why you ignored yourself, you can begin learning how to hear yourself again.

When You Knew but Were Not Ready

Maybe you remember a time when you knew something was off, but you wanted the relationship, the friendship, the opportunity, or the outcome so badly that you talked yourself out of what you felt. Maybe it was a man who said the right things but never followed through.

Maybe it was a friendship where you were always the safe place, but no one ever checked on you.

Maybe it was a job or role where you kept accepting more responsibility without the respect, support, or compensation to match it.

Maybe it was a season where everyone saw you as capable, but no one noticed you were carrying too much.

And maybe the hardest part was admitting that while other people may have taken advantage, you also kept convincing yourself you could handle it. You told yourself:

I just need to be patient.

*I just need to communicate better. I just
need to prove my value.*

*I just need to wait for them to see me. I just
need to give it more time.*

But love that requires you to disappear is not love. Friendship that only receives from you is not friendship.

Leadership that uses your strength but ignores your humanity is not support. And womanhood that teaches you to endure everything silently is not wisdom.

Sometimes the first act of becoming is admitting:

I knew something was wrong before I was ready to say it out loud. That admission may hurt, but it also opens the door.

Because the woman who can finally say, “I ignored myself,” is also the woman who can say, “I will not keep doing that.”

The Accountability Mirror

Take a quiet moment and answer only what needs honesty now:

1. What was the first sign I talked myself out of?
2. What did I fear would happen if I admitted the truth?
3. What did staying cost me?
4. What choice would honor the woman I am becoming?

Soul Work

Soul Work Questions

1. Where has God already given me clarity that I have been afraid to accept?
2. What would it look like to trust the loss of peace as information?
3. What is one choice I can make that brings me back to myself?

Closing Reflection

You were not foolish for hoping or weak for loving. But now that you recognize where you ignored yourself, you can begin listening sooner, choosing differently, and returning to your own voice.

Continue the Walk

Because She Knows Better

If Chapter One met you somewhere familiar, the full book continues the walk through love, accountability, self-trust, discernment, and becoming.

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The She Knows Better Series

Book One: The Awakening
Because She Knows Better

Book Two: The Ownership
Now That She Knows Better

Book Three: The Recalibration
Now, Recalibrate Your Standards

Book Four: The Outward Accountability
Now, Tell That Girl the Truth

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