

# Get Rid of Rica: The Ultimate Guide to Ridding Your Life of Negative Influences

Rica is a term I use to describe people who drain your energy, suck the life out of you, and make you feel bad about yourself. They can be friends, family members, co-workers, or even strangers. Ricas can be anyone who makes you feel negative emotions, such as anger, sadness, guilt, or shame.

Ricas can have a devastating impact on your life. They can:

- Drain your energy and make you feel exhausted
- Make you feel bad about yourself
- Hold you back from reaching your goals
- Damage your relationships
- Make you sick

If you're constantly surrounded by Ricas, it's important to take steps to get them out of your life.



## Get Rid Of Rica: A Guide For Moving, Traveling Through, & Living In Costa Rica by Rosi Jarussi

★★★★☆ 4.8 out of 5

Language : English  
File size : 1110 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 375 pages  
Lending : Enabled



Getting rid of Rica can be challenging, but it's definitely possible. Here are a few tips:

- **Identify the Ricas in your life.** The first step is to identify the people who are draining your energy and making you feel bad. Once you know who they are, you can start to take steps to limit your contact with them.
- **Set boundaries.** Once you've identified the Ricas in your life, it's important to set boundaries with them. This means letting them know that you're not going to tolerate their negative behavior.
- **Take care of yourself.** It's important to take care of yourself both physically and emotionally when you're trying to get rid of Rica. Make sure you're getting enough sleep, eating healthy foods, and exercising regularly.
- **Find support.** Getting rid of Rica can be challenging, so it's important to find support from friends, family, or a therapist.

Getting rid of Rica is not always easy, but it's definitely possible. By following the tips in this book, you can learn how to identify the Ricas in your life, set boundaries with them, and take care of yourself.

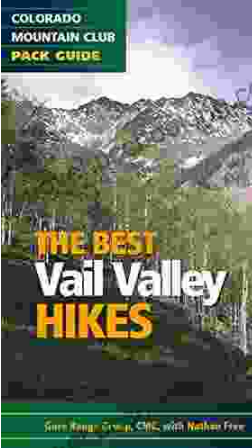
If you're ready to take back your life from negative influences, Free Download your copy of Get Rid of Rica today.



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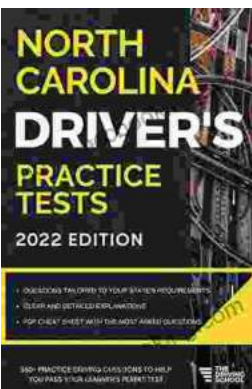
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