

UNCLENCH



The Uncle *Companion*

A quiet guide to your nightly reflection practice.

A PREVIEW · UNLOCK THE FULL GUIDE

WELCOME

A letter, first.

Thank you for being here.

If you're reading this, there's a good chance you've been carrying something that feels heavier than it should. Maybe it's a conversation you keep replaying. Maybe it's anxiety about tomorrow. Maybe it's something someone said years ago that still finds its way into your thoughts.

Whatever it is — you're not alone.

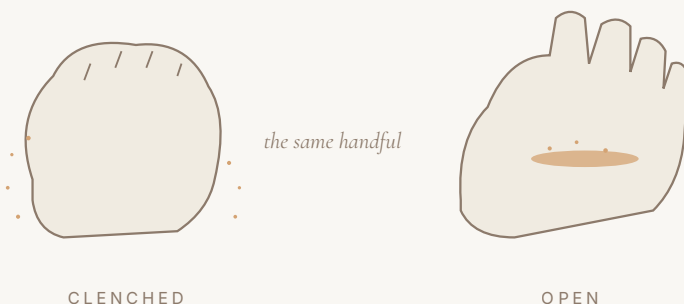
I built Unclench because I realised how much of my life was being spent holding onto things I couldn't change. Replaying, over-preparing, trying to manage feelings that were never mine to fix.

This isn't a guide about becoming a different person. It's about becoming more aware of the one you already are. Awareness is the first small crack in the grip.

I hope these pages help you find a little more space, a little more peace — and a reminder that you don't have to carry everything into tomorrow.

— *Beau*

The sand analogy.



Hold a fistful of sand tightly and the grains slip through your fingers. Loosen your grip and the sand rests naturally in your open palm.

Our thoughts are the same. The tighter we grip a feeling, a fear, a story we've told ourselves — the more it spills into every other moment of our day. The open hand is not indifference. It's the only hand that gets to actually hold anything.

“ You can hold something without gripping it. ”

IN THE FULL GUIDE

What's inside.

A short book of quiet chapters, written to be read once and returned to on the evenings you need it.

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PREVIEW ENDS HERE

Unlock the full guide.

The complete 17-page Unclench Companion — the two arrows in detail, all three reflections, example evenings, common questions, and the closing letter.

Yours to read, save, and print — for the evenings you need it.

A\$4.99 · one-time

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