



Getting Over a Breakup: How to Heal a Broken Heart (An Eight Step Guide)

Anne Willoughby

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If you've just gone through a break up and are looking for a sure-fire method to heal quickly, then this book is for you!

Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Well, the worst that you feared has finally come to pass — you've been through a breakup and are now trying to find ways to heal your broken heart. The very fact that you're reading this means that you're attempting to cope with and manage your feelings. That's an excellent sign in and of itself. You're on the right track by looking for the key to healing and moving forward. This book is going to take you (in a very straightforward way) through 8 very specific and strategic steps that will help you heal. The closer you follow this guide and stick to the exact instructions, the more quickly you'll move through your pain and come out the other side a much stronger, more attractive, and tremendously happier person. Let's get started.

Here Is A Preview Of What You'll Learn...

- How to Understand the Suffering
- How to Break Away, and Why You Must
- How to Stop Blaming Yourself
- How to Let Out Aggression, then Calm Down
- How to Fill the Void
- How to Address Your Flaws
- How to Get your Social Life Back on Track
- Much, much more!

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