



How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life

Howard Bronson, Mike Riley

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“It’s over. Now what?”

Suffering from a broken heart? Afraid you’ll never get over this feeling of emptiness and loss? You can, and with the help of this easy-to-follow program of action, you will.

Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss, and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that’s just ended, while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out:

- How and why to cry 'til dry
- Good ways to beat loneliness
- Why it pays to forgive your ex
- How to "let go" of old memories and resentments

How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again—and you’ll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life’s new challenges with a positive sense of emotional balance you may never have had before.

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