



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

By 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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Editorial Review

Review

"Bronson and Riley break down breakups in a practical, daily, easy-to-understand way that helps people process their emotions while also moving on in a positive way." ---The Huffington Post

From the Publisher

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From the Author

Since the introduction of our book with our first Today Show interview around Valentine's Day of 02', we've received thousands of letters and emails seeking additional guidance, as every breakup is unique. But the one thing we've been proud to learn is that our bestselling book has helped so many people find light through a dark time in their life.

Users Review

From reader reviews:

Mary Manzo:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite book and reading a publication. Beside you can solve your problem; you can add your knowledge by the e-book entitled How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to

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Charles Greiner:

This How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this publication incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This particular How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life without we recognize teach the one who studying it become critical in thinking and analyzing. Don't end up being worry How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life can bring if you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cell phone. This How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life having great arrangement in word and also layout, so you will not truly feel uninterested in reading.

Olga Harrington:

People live in this new day of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely of course. People is human not only a robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer will unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, typically the book you have read is How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life.

Jonathan Baker:

Your reading 6th sense will not betray a person, why because this How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life e-book written by well-known writer whose to say well how to make book which can be understand by anyone who have read the book. Written throughout good manner for you, dripping every ideas and producing skill only for eliminate your personal hunger then you still question How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life as good book not only by the cover but also by content. This is one guide that can break don't ascertain book by its cover, so do you still needing a different sixth sense to pick this!?! Oh come on your examining sixth sense already alerted you so why you have to listening to a different sixth sense.

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