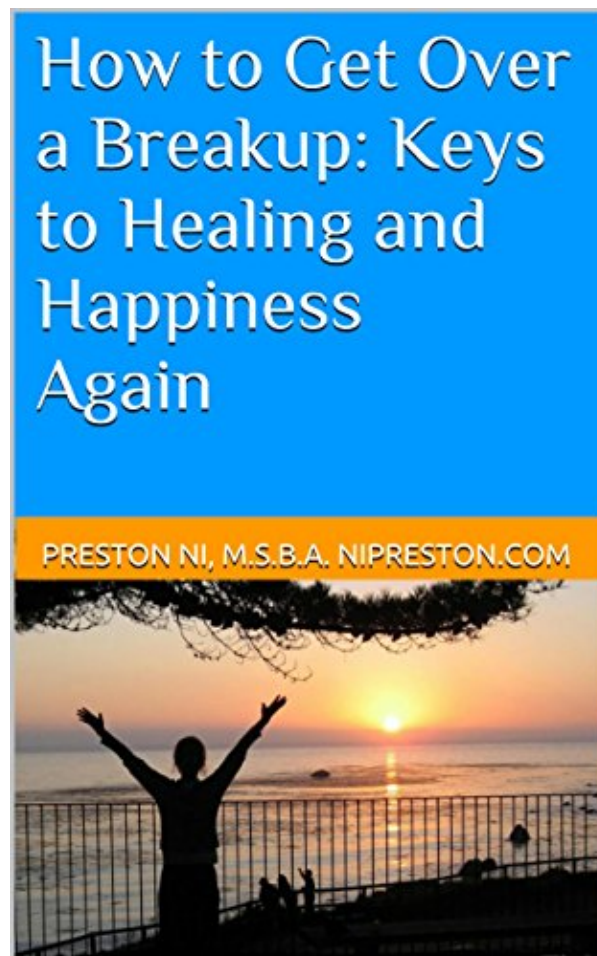


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Losing a significant relationship in life is never easy, especially after you and your former partner walked a journey together. The loss of a close relationship can feel like emotional amputation. You may feel sad and alone, as if you're missing an important part of yourself. If you were on the receiving end of a break-up, you may feel angry, rejected or betrayed.

The good news is that the sadness doesn't last forever, and brighter days lay ahead!

This book provides highly practical tips on how to get over a break-up, so you can heal and be happy again. The first section identifies multiple healing strategies in the aftermath of a relationship dissolution. Subsequent chapters offer thought-provoking perspectives on why your break-up may have occurred, and empowering ways to move on in your life – with new confidence and self-assurance.

Helen Keller once wrote: “When one door of happiness closes, another opens.” This book may show you how.

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