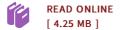




The Breakup Book 20 Steps to Heal a Broken Heart

By Lesley Robins

Morgan James Publishing. Paperback. Condition: New. 190 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. Nobody wants to experience the agony of heartbreak. But if youve ever been in love-really, truly in love-you already know you dont have a choice in the matter. Millions of women before you have undergone the painful experience of heartbreak and emerged on the other side wiser and stronger. The Breakup Book: 20 Steps to Heal a Broken Heart combines poignant and relatable stories from the authors own heartbreak-straight-talking wisdom from a woman whos been through it all, including the early days after a breakup when she couldnt get off the couch to moving on gracefully using various techniques to get her through the day. Some of it worked and some of it didnt, and thats where this guide comes in. If youre struggling to get back on your feet and reclaim your life after a breakup, this book will give you a roadmap to finding yourself again-a stronger, wiser self. With wit and honesty, Lesley Robins shares her own experiences to show that she too has suffered the lack of self-worth many women experience after a difficult breakup. She shapes the lessons she learned into frank...



Reviews

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time. -- Althea Christiansen

A fresh electronic book with a new viewpoint. I was able to comprehended every thing using this written e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Isom Nader I