

THE BREAKUP WORKBOOK



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The Breakup Workbook will help you put all that new alone-time you're stuck with to good use. You'll complete exercises that'll show you why your ex wasn't as great as you thought he was, you'll learn how to confront him in a constructive manner (if you still have questions about the breakup), you'll learn how to increase your self-esteem and

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The breakup workbook was a lifesaver. I was 35, never married, and had just been dumped. It was awful. I stumbled across the workbook in between my tearful google searches of breakup advice. It literally changed my life. It was a liferaft during a time when I literally felt like I was drowning and everyone thought I should be "over it".

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The book is built on the premise that only time can heal your heart, and it's what you do in that time that matters. The Breakup Workbook will help you put If you're trying to get over your ex, but don't know how, this book is for you.

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The activities in this book will keep you occupied while you heal. This book is not going to presume to give you a timeline for moving on. Nobody can tell you when you will be healed; it's your heart and your own unique situation. Use the book and the forum as a healthy outlet for your emotions.

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The Breakup Workbook Melysha Jane Acharya 9780615279732

About the book: If you're trying to get over your ex, but don't know how, this book is for you. Instead of giving crazy advice that you'll never use, The Breakup Workbook offers 33 easy-to-implement exercises that are tailored to your breakup situation.

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