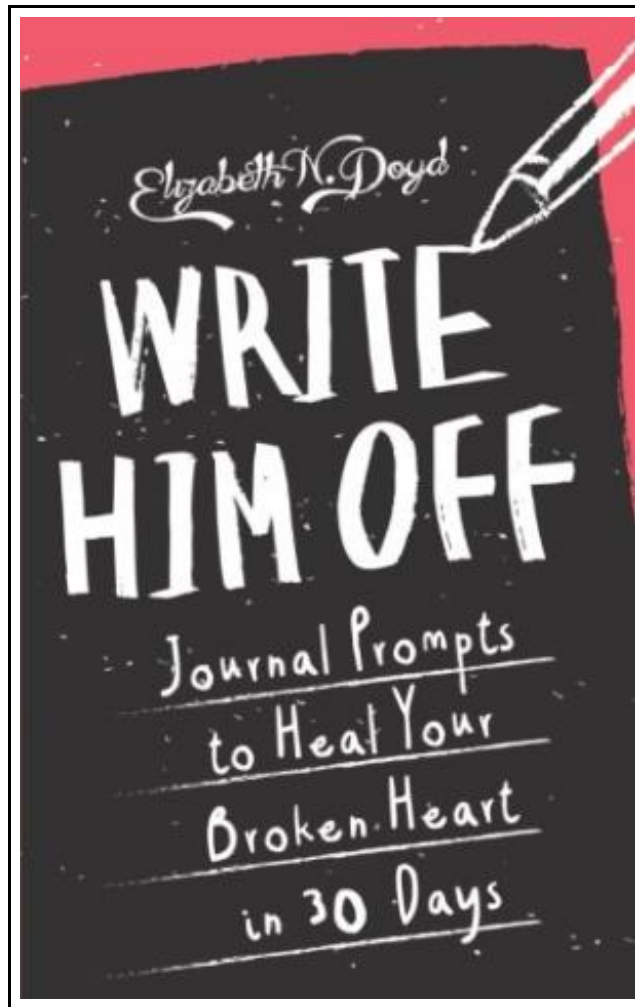


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Higher Self Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Get Over a Broken Heart? Try Journaling. It s an Effective, Proven Method of Releasing Pain on Paper. When it s down on the page, you can examine your emotions with more rationality. A journal is a safe place to express your honest thoughts and emotions without the risk of judgment from others. As you follow these writing prompts, you ll find that inner part of your soul emerging to guide you and give you the answers you didn t think you had. You ll begin to understand why your relationship didn t work out, as well as uncover some of the insecurities and blockages to your happiness, and how to find the gifts and lesson in your current state of pain and recovery. Coping with a breakup or divorce is a challenging time and everyone heals at their own pace. This book gives you 30 journal prompts to get to the heart of the matter and help you speed up the recovery process. Each one begins with an inspirational quote from great men and women of the past and present You can do the journal prompts consecutively, or you can pace them by taking breaks between the days if you find the work to be emotionally heavy. A relationship consists of two people, which is why this book is divided into two sections: 15 prompts about your ex, and 15 that focuses on you. By doing this work, you ll be taking the steps to: - Let go of your ex - Uncover what made you incompatible - Why you were attracted to him in the first place - Analyze your true beliefs...



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