



A Break-Up Survival Guide: How Women Can Recover After a Break-Up (Paperback)

By Nancy Wylde

Balboa Press, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.When you re facing a break-up from a relationship, no matter how long the relationship lasted, that ending can leave you feeling raw and vulnerable. Even so, there is hope. You can take charge of your new chance for happiness, one step at a time. By embracing change and the empowering strategies provided in this guide, you can enhance your recovery and find the tools you need to ensure you can move through your break-up gracefully and productively. Once you learn how deal with the issues that confront and challenge you in a positive, constructive, and helpful way, you can find your way back to joy. A Break-Up Survival Guide gives you powerful, healing techniques to help you navigate this new phase in your life. You can learn to maintain your balance; improve your perspective and function; protect your health; repair your self-esteem; boost your self-confidence; reclaim your passion; and create your new life as an empowered, inspired, and excited single. With these quick, easy, and almost immediately effective techniques, you can get back in charge again-balanced,...



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