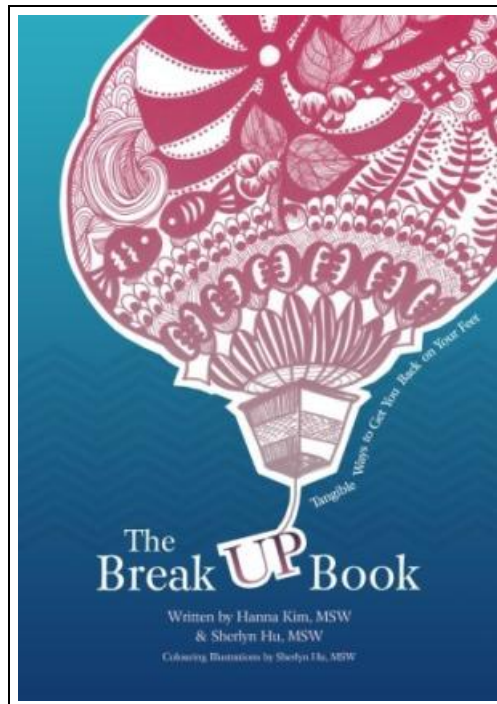


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The Break UP Book (BUB) aims to accompany you along your post-break up journey, so that you can come out of it better than before. The BUB acknowledges the multitude of feelings one experiences when a relationship ends, whether it is confusion, guilt, anger, frustration, relief, excitement, fear, depression, sadness, or any combination of these. Either way, it may represent a loss in your life and you may want to learn how to feel better or like yourself again. The BUB s non-judgmental, comprehensive content is written in bite-size pieces and includes numerous exercises and vibrant complementary colouring illustrations intended on enabling your expression, reflection, and insights. This book engages you and takes you through the following three stages: 1) awareness - exploring your break up journey and your own break up style, 2) design yourself - learning how to enhance who you are, and 3) action plan - taking charge of your life with tangible steps for self care, relationship management, and other effective skills necessary to get you back on your feet. The BUB will provide you with step-by-step guidance and suggestions that you can use right away and ones the authors hope you will continue to incorporate throughout life s many journeys.

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