



How to Move On After a Break Up: An Essential Guide to Getting Over a Relationship and Moving On After a Break Up

By Perina Lewes



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If you are grieving over a recent break up and want to know how to pull yourself through, then this book is for you!

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Although romantic relationships never come with a guaranteed happy ending, arriving at the end of one can still feel devastating. When you are involved in a committed relationship, you put your whole heart into it hoping it will last. Some people even neglect their friends, hobbies, and personal goals to give more time and energy to strengthen their bond with their significant other. And yet, this is one of the reasons why you may find yourself at such a loss when the relationship doesn't work out. The thought of seeing your hopes dashed, of losing a friend and confidant, and of being alone - and lonely - is downright depressing, even if you aren't the dramatic type. Now, although it currently feels like the world has crumbled beneath you, there is hope and you will recover. I'm going to help you see that there is life after every break-up. And even better, it can be a happy and successful one, if that's what you decide you want. You will look back a few months from now and realize that this break up made you stronger and better. How you will survive between now and then is precisely what this book is going to teach you. Read on to learn how to get over your ex and prepare to face the world as a whole, happy, and confident person again.

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- Coping With Your Emotions Appropriately
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