



 Get Print Book

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today

By Catherine Hickland



Download



Read Online

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland

A straightforward, day-by-day plan for healing heartache in one month from the star of ABC's popular daytime drama *One Life to Live*

Day 1: It's over. You're devastated, numb, angry, lost, hurt, helpless, hopeless, shaken -- meanwhile, the source of your grief has the arrogant nerve to still be alive. He's probably having himself a perfectly good day, while you feel as if you're dying inside.

Catherine Hickland knows. She's been there. More than once. She also knows that soon you will get past your pain and on to the great life that's waiting for you. Inspired by the soap diva's own trial-and-error efforts to recover from a broken heart in a healthy and productive way, *The 30-Day Heartbreak Cure* is an easy-to-follow, one-day-at-a-time plan for getting yourself over him and back on your feet. All you need to do is set a deadline -- one month from today -- for your pain to end, and let Catherine guide you through it.

Catherine's solid, empathetic advice will help you take responsibility for your recovery, repair your self-esteem, and learn from the best and the worst of what you've been through. "Look at it this way," she says, "you only have to follow these rules for thirty days. There's nothing you can't handle for thirty days, except feel like you're feeling today."

Each day brings a new reflection and a simple activity that will help you look better, feel better, and ultimately discover that you're not just as good as new thanks to this experience, you are better.



[Download The 30-Day Heartbreak Cure: Getting Over Him and B ...pdf](#)



[Read Online The 30-Day Heartbreak Cure: Getting Over Him and ...pdf](#)

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today

By Catherine Hickland

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland

A straightforward, day-by-day plan for healing heartache in one month from the star of ABC's popular daytime drama *One Life to Live*

Day 1: It's over. You're devastated, numb, angry, lost, hurt, helpless, hopeless, shaken -- meanwhile, the source of your grief has the arrogant nerve to still be alive. He's probably having himself a perfectly good day, while you feel as if you're dying inside.

Catherine Hickland knows. She's been there. More than once. She also knows that soon you will get past your pain and on to the great life that's waiting for you. Inspired by the soap diva's own trial-and-error efforts to recover from a broken heart in a healthy and productive way, *The 30-Day Heartbreak Cure* is an easy-to-follow, one-day-at-a-time plan for getting yourself over him and back on your feet. All you need to do is set a deadline -- one month from today -- for your pain to end, and let Catherine guide you through it.

Catherine's solid, empathetic advice will help you take responsibility for your recovery, repair your self-esteem, and learn from the best and the worst of what you've been through. "Look at it this way," she says, "you only have to follow these rules for thirty days. There's nothing you can't handle for thirty days, except feel like you're feeling today."

Each day brings a new reflection and a simple activity that will help you look better, feel better, and ultimately discover that you're not just as good as new thanks to this experience, you are better.

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland Bibliography

- Sales Rank: #536149 in Books
- Published on: 2014-09-13
- Released on: 2014-09-13
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .70" w x 5.50" l, .0 pounds
- Binding: Paperback
- 256 pages

 [Download The 30-Day Heartbreak Cure: Getting Over Him and B ...pdf](#)

 [Read Online The 30-Day Heartbreak Cure: Getting Over Him and ...pdf](#)

Download and Read Free Online The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland

Editorial Review

About the Author

Catherine Hickland is a well-known cast member of ABC's highly rated daytime drama *One Life to Live* (as the manipulative but charming Lindsay Rappaport). She is a veteran of daytime television, a theatre actress, an entrepreneur, a public speaker, and a heartbreak survivor. She also has a monthly column in *Soap Opera Digest* and regularly sells her own cosmetic line, Cat Cosmetics, on HSN (Home Shopping Network). A passionate believer in the importance of "giving back," Catherine volunteers time and resources to, among a number of worthy causes, the West End Inter-Generational Center for abused and battered women with young children and New York's Animal Haven shelter. In 2006, Catherine began touring the country as a keynote motivational speaker, teaching women how to take charge of and enhance their beauty both inside and out. She divides her minimal downtime between her New York apartment and her house in Los Angeles.

Users Review

From reader reviews:

Della Bailey:

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each e-book has different aim or even goal; it means that e-book has different type. Some people feel enjoy to spend their the perfect time to read a book. They may be reading whatever they consider because their hobby is definitely reading a book. Think about the person who don't like reading through a book? Sometime, particular person feel need book after they found difficult problem or maybe exercise. Well, probably you should have this *The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today*.

Ray Shippee:

Book is to be different for each grade. Book for children until finally adult are different content. We all know that that book is very important for people. The book *The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today* seemed to be making you to know about other know-how and of course you can take more information. It is quite advantages for you. The publication *The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today* is not only giving you far more new information but also to get your friend when you feel bored. You can spend your current spend time to read your guide. Try to make relationship using the book *The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today*. You never really feel lose out for everything when you read some books.

Miguel Ross:

Do you among people who can't read satisfying if the sentence chained inside straightway, hold on guys that

aren't like that. This The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today book is readable by simply you who hate the straight word style. You will find the info here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to give to you. The writer of The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today content conveys prospect easily to understand by many people. The printed and e-book are not different in the articles but it just different such as it. So , do you nevertheless thinking The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today is not loveable to be your top list reading book?

Neil Dussault:

This The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today is great book for you because the content and that is full of information for you who also always deal with world and have to make decision every minute. That book reveal it info accurately using great plan word or we can say no rambling sentences included. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today in your hand like having the world in your arm, info in it is not ridiculous a single. We can say that no guide that offer you world within ten or fifteen minute right but this book already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt in which?

Download and Read Online The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland #B47QLRXYN6G

Read The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland for online ebook

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland books to read online.

Online The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland ebook PDF download

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland Doc

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland Mobipocket

The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today By Catherine Hickland EPub