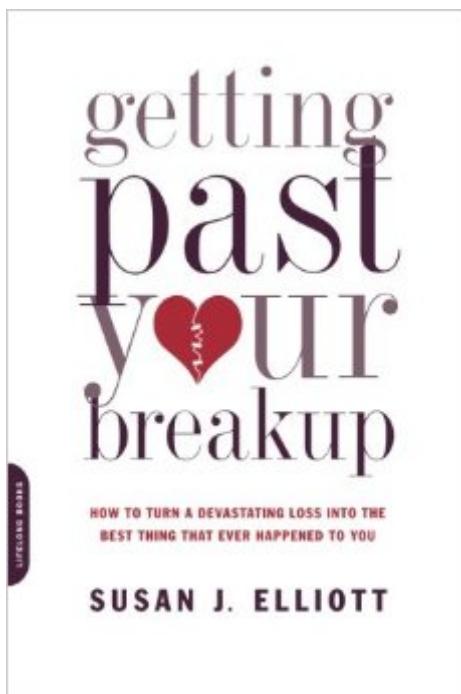


The book was found

Getting Past Your Breakup: How To Turn A Devastating Loss Into The Best Thing That Ever Happened To You



Synopsis

It's over--and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, youÂ canÂ move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Forget it! Starting today, this breakup is the best time to change your life for the better, inside and out. Getting Past Your BreakupÂ is a proven roadmap for overcoming the painful end of any romantic relationship, even divorce. Through her workshops and popular blog, Susan Elliott has helped thousands of clients and readers transform their love lives. Now, she'll help you put your energy back where it belongs--on you. Her plan includes: The rules of disengagement: how and why to go "no contact"Â with your ex How to work through grief, move past fear, and take back your life The secret to breaking the pattern of failed relationships What to do when you canâ ™t stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house Complete with inspiring stories from real people and strategies to jump-start the moving-on process,Â Getting Past Your BreakupÂ is the most effective plan for getting permanently past a breakup, getting your confidence back, and opening yourself to true love.

Book Information

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Customer Reviews

I ordered this book during a very dark time. I had just been dumped for the third time by my ex and was truly heartbroken: this book is the best thing that happened in 2014. This writer was very candid in sharing her experiences about her first marriage. I appreciated the openness of this writer: Ms. Elliot was not just presenting facts she was sharing first hand knowledge of attracting the familiar.

The familiar is being comfortable in situations from our childhood. After completing the relationship inventory and parent inventory - I recognized why I was drawn to these familiar unhealthy relationships. The connection was from my childhood. The writer had many exercises and suggestions for how to start attracting the life that we were meant to live and not the unhealthy familiarity and dysfunction of our childhoods! The most helpful exercise that I use today are the affirmations; taking time to affirm the things I want to be.. ie , "I am worthy. " This tool in conjunction with the inventory exercises and meditation has changed my life! If you have lived with an alcoholic parent, emotionally withdrawn parent or a narcissistic parent this book is for you...I have recommended this book to several people. I would strongly recommend this book to those looking to correct the dysfunction and get answers for learning to love yourself first to attract the mate you want to have. I know you maybe thinking like I did that you love yourself because you are highly educated, have great friends, health conscious, etc. Truthfully, I learned I was not loving myself because I was staying in relationships where the partner was emotionally withdrawn; turns out my closest parent was the same way.

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