

Dealing With a Break Up: How to Get Over Your Ex and Improve Your Life (Broken Heart, Feeling Sad, Lonely and Depressed, Get Over Your Ex)

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Use This Powerful Book to Help You Understand What Happened in Your Relationship and Know How to Move On!

In life there are great days and horrible days, and one of the hardest things to deal with is a break up. People say, "Part of graduating life is going through a break up and getting your heart broken, then emerging stronger and wiser from it." In this book I will show you step by step how to deal with a break up, get over your ex, and move on with your life as a better and wiser person.

Here is a Preview of What You Will Learn...

- Causes of Breakups
- Stages of Breakup (Men)
- Stages of Breakup (Women)
- Healthy Ways to Deal with a Breakup
- And More!

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Paula Shepard:

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