



# How To Get Over Your Ex-Girlfriend In 7 Days Or Less (Girlfriend Fix Up Edition Book 1)

*C.J Jackson*

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## **How To Get Over Your Ex-Girlfriend In 7 Days Or Less (Girlfriend Fix Up Edition Book 1) C.J Jackson**

A book updated for 2012 and forged not only by observing the amount of emotional pain and frustration we humans go through when we break up with a loved one, but fuelled by own personal experience as well. A quest led me to interview over 15 experts in the field of psychology, ranging from NLP instructors to psychologists. Read over 10 books on breakups and dialogued with dozens of people going through a breakup so that I could develop some simple system and understanding to help me get through breakups and help others. Some of the few points we will cover in depth...

- I lost control of my own thoughts, should I contact her or not?
- I feel this immense emotional pain that runs over like a wave....
- I don't really even understand why it happened?
- Will I ever get over this?
- My Jealousy is getting in the way
- She was my soul mate
- How long will it take until I recover fully?

I understand it can be really hard when you break up, but I really want to help you because I have seen what breakups can be like and I know how it feels. The truth is it doesn't have to take months and even years to heal... it should start in days! This simple to read book helped over 40 + people to get over there breakup, and counting!

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