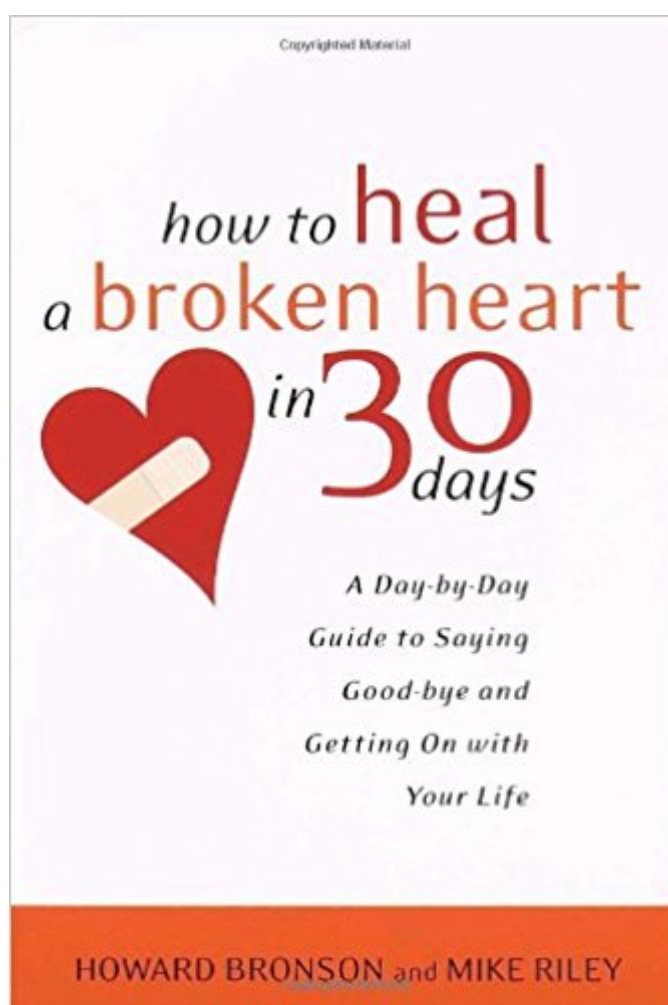


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# How To Heal A Broken Heart In 30 Days: A Day-by-Day Guide To Saying Good-bye And Getting On With Your Life



## Synopsis

It's over. Now what? Suffering from a broken heart? Afraid you'll never get over this feeling of emptiness and loss? You can, and with the help of this easy-to-follow program of action, you will. Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss, and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that's just ended, while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out:

- How and why to cry until dry
- Good ways to beat loneliness
- Why it pays to forgive your ex
- How to "let go" of old memories and resentments

How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again and you'll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

## Book Information

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## Customer Reviews

"Bronson and Riley break down breakups in a practical, daily, easy-to-understand way that helps people process their emotions while also moving on in a positive way." ---The Huffington Post --This text refers to an out of print or unavailable edition of this title.

"It's over. Now what?" Suffering from a broken heart? Afraid you'll never get over this feeling of emptiness and loss? You can, and with the help of this easy-to-follow program of action, you will. Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss, and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that's just ended, while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out: How and why to cry 'til dry Good ways to beat loneliness Why it pays to forgive your ex How to "let go" of old memories and re resentments How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again-and you'll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

Clear , pragmatic, simple advice to heal a broken relationship. Good day to day examples to train your mind and spirit to cope with the pain of a breakup. It reiterates the futility to hang on to the pain and to the other that is already gone and not coming back. Actually were you in love or had an illusion of love with a person that never loved you? Why waste your time on a person who is gone and not coming back?Great book. I recommend it!

Let's face it, breaking up isn't easy and no one is totally over it in 30 days, BUT when he or she is gone, and the first week seems like it will never end, this book keeps you from making that one call or sending that one text. LIFE SAVER for anyone who has struggled with a break up. Moves you along to getting back into life - healthier choice than sitting around wallowing in WHY??? Found it very helpful.

I first bought this in 2006 during a horrendous break up. Prior to reading this book I would go years between relationships, though after this particularly horrendous experience I didn't feel up to dwelling so I took a chance. In two weeks I was back to my old self. I loaned it out to a friend and moved on with my life. I bought it again in 2009 after an even worse break up, the real deal of broken engagements and moving out and cheating...a real mess. So I bought this again and within

four weeks I was back on my feet. Getting back on your feet is not easy when you are broken hearted. So the time line is relatively short, but the work done in that amount of time is beyond measure. Some days are harder than the break up ever was. This book is a guide for how to get back to you, in very authentic ways. I just love it.

Well, my broken heart is far from healed but there are some great tips in here. I'm not sure they are revolutionary as I have read them in other places where the book itself provided far better overall guidance. I wouldn't say I'd buy it again, but if it does fall in your lap it is worth the read.

Do not expect to get over your breakup in 30 days instead do expect to heal and start the process of moving on. This book has lots of great tips on how to let go of the past and opens your eyes on new ways of looking at relationships. I read this book in 30 days and plan on reading it over again. Sometimes emotions do not allow us to fully understand and learn from our past.

my daughter wanted this book, she loved it. it gave her a lot insight, help, advice and many recommendations to help her deal and work through her heart break.

This book is full of great advice on how to move on from a breakup

Awesome! ...as usual. Very Satisfied!

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