



How to Survive the Loss of a Love: Methods to Heal a Broken Heart and Skills of How to Survive the Loss of a Love (How To Made Simple (HowToMadeSimple.com) Book 2)

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How to Survive the Loss of a Love:

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This guide contains proven steps and strategies on how to gather your emotions and move forward after the loss of a love.

We will focus primarily on romantic relationships that have ended in catastrophic ways.

Thus this guide is not designed to deal with the loss of a loved one through death. However many of the coping mechanisms will still apply.

Starting a relationship and ultimately dealing with a breakup are two inevitable phases that most of us will experience at least once in our life.

Very few start a relationship and strike “gold” on the first try. So the good news is that you are not alone in your feelings and we hope this guide helps you move forward.

This guide is designed to be an easy read and page turner will relevant help and information to help lessen the pain and allow you to speed up the recovery process.

Keep in mind the healing process may still take months or years depending on how deep the hurt is.

Here Is A Preview Of What You'll Learn...

you might be unreasonably angry

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Tags: Broken Hear, Overcoming Loss, Overcoming Loss of Love, Breakup, Dating again, Loving again

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