

How to Get Over Your Breakup and Start the Day in the Best

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Synopsis

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Best-selling authors Rachel Adamson and Meghan Cassidy have created a simple and easy way to quickly deal with heartbreak and get on with life. Full of practical advice that gets to work immediately, Rachel and Meghan have distilled and removed all the nonsense out there and brought you the essential guide to getting over a broken relationship.

Topics covered include:

- Breaking up: Get over initial pain fast!
- The quick-start guide to recovering fast - what to do
- The quick-start guide to recovering fast - what not to do
- Real life breakup case studies
- How to handle the different stages of a breakup
- Working through all the emotions with proven strategies
- Dealing with loneliness
- How to cope with being single again
- Moving on with life
- And so much more!

Reader's comments

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