

The Official Teen Survival Guide for Getting Over a Breakup: 22 Steps You Can Take Right Now to Begin Healing (Paperback)



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Reviews

Thorough manual for publication fanatics. It is actually rally intriguing through reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think.

(Morris Schultz)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You really thought it was going to last forever, but it s over. It doesn t even matter at this point who initiated the breakup, the fact is it s killing you and you re pretty certain you won t recover. So what are you supposed to do now? As hard as is to believe, you will get past the pain. While there isn t a one-size-fits-all method, there are a lot of innovative thoughts and actions you can take to adapt to what has happened and live comfortably with its memory. The official teen survival guide for getting over a breakup. Bestselling author Emilee Day, is a therapist who counsels teens and their families, addressing a wide range of emotional and social issues to help them overcome incredible obstacles. And at this moment, she s here for you. Her guide includes 22 steps you can take right now to begin recovering after a breakup, including: -How to learn to be kind to yourself -Dealing with the one who broke your heart - Dos and Don ts -Begin to rebuild a future for yourself -The three foundations of a renewed and happy life -And more The author candidly shares the emotionally-charged and intimate details of her first love and the subsequent breakup. Readers not only glimpse her personal recovery, but will be well on the way to their own after reading her journey. The process of rebuilding after a bad fall is rough at times, but you emerge stronger, more spirited and ready for life again. You know now that no matter how bad it gets, you can survive. This is valuable knowledge, and it all begins here.



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