



# Getting Over a Breakup: Mending Your Broken Heart (Break ups and Relationships Book 1)

*Teresa Mary Carr*

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I want to thank you and congratulate you for downloading the book, “Getting Over a Breakup – Mending Your Broken Heart”.

This book contains proven steps and strategies on how to easily get over a breakup, despite some risks and difficulties. Through this book, you will be assured that you can finally move on and live a happy life without your ex.

The first part of this book introduces you to relationships. It highlights the many possible reasons why relationships end. This will help you realize and accept your situation better. Chapter 2 begins with the first step in getting over a breakup. It teaches you how to deal with emotional pain, so that you can get through the succeeding steps emotionally stable. The third chapter provides simple techniques on how you can accept what has happened and think of it positively. Chapter 4 aims to make you a pro at the art of letting go. The fifth chapter highlights the importance of loving yourself despite the pain you have gone through. Finally, Chapter 6 teaches you to reflect on your past relationship and learn from it.

Getting over a breakup is never easy, but this book will make you realize that it is possible.

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