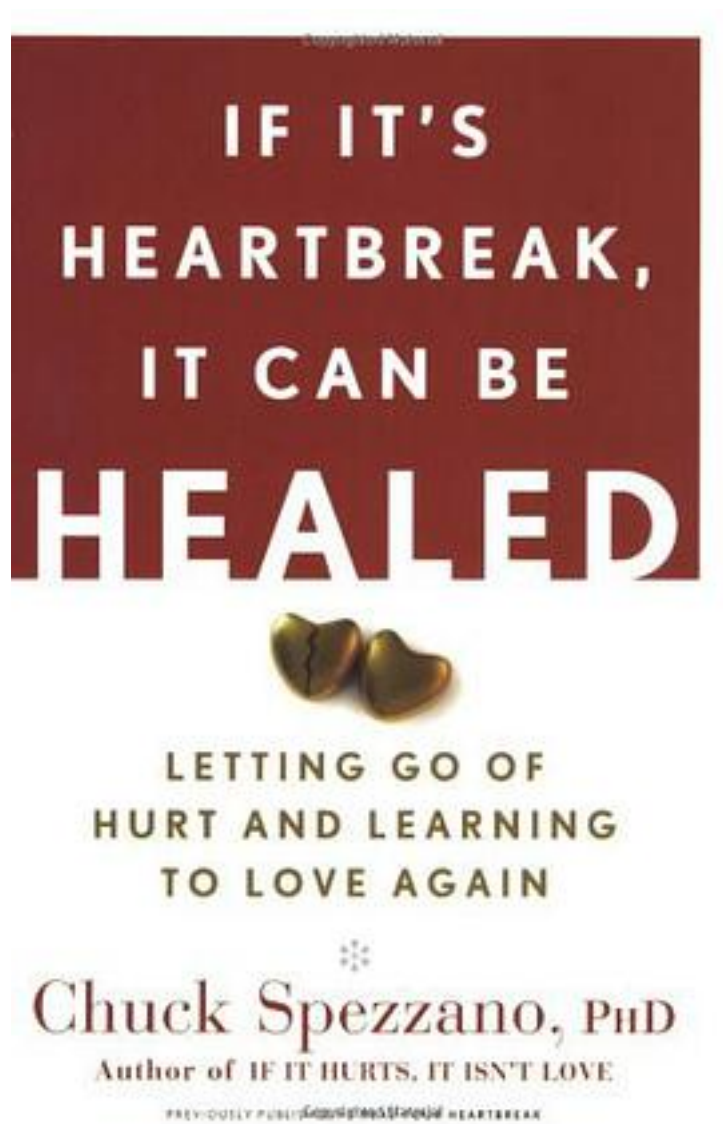


If It's Heartbreak, It Can Be Healed



[If It's Heartbreak, It Can Be Healed_ 下载链接1](#)

著者:Spezzano Ph.D., Ph.D. Chuck

出版者:Transition Vendor

出版时间:2007-3

装帧:Pap

isbn:9781600940125

Everyone has felt the pain and anguish of heartbreak, and most have searched in vain for resolution. If It's Heartbreak, It Can Be Healed is an interactive journey filled with signposts and roadmaps to show you the way through your suffering. Relationship expert Dr. Chuck Spezzano offers practical, inspiring insights and lessons for anyone who has been through disappointments and setbacks that come from a broken heart. For example, did you know... Emotional pain shows that you are making a mistake? And you can correct this mistake. You can only be upset if someone breaks your rules? Your rules are defenses against old pain, and they beg to be broken. Every heartbreak is part of a power struggle? A heartbreak pattern in relationships is also a defeat pattern in your career? Organized into four accessible sections — Recipes for Disaster: Things that Lead to Heartbreak, The Lessons of Heartbreak, Healing Chronic Heartbreak: The Unconscious Patterns, and The Tools for Healing Heartbreak — If It's Heartbreak, It Can Be Healed will increase your emotional intelligence and make you ready for the next, better stage in your life.

作者介绍:

目录:

[If It's Heartbreak, It Can Be Healed 下载链接1](#)

标签

心灵成长

评论

[If It's Heartbreak, It Can Be Healed 下载链接1](#)

书评

[If It's Heartbreak, It Can Be Healed_ 下载链接1](#)