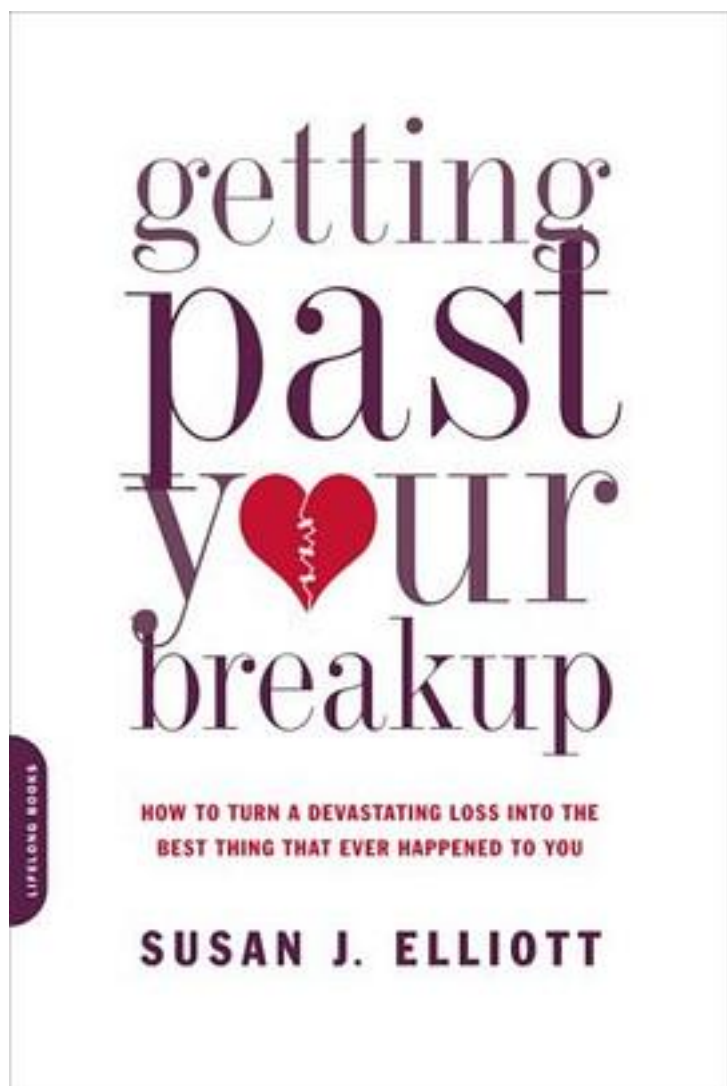


Getting Past Your Breakup



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出版者:Da Capo Lifelong Books

出版时间:2009-05-04

装帧:Paperback

isbn:9780738213286

It's over—and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, you can move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Forget it! Starting today, this breakup is the best time to change your life for the better, inside and out. Getting Past Your Breakup is a proven roadmap for overcoming the painful end of any romantic relationship, even divorce. Through her workshops and popular blog, Susan Elliott has helped thousands of clients and readers transform their love lives. Now, she'll help you put your energy back where it belongs—on you. Her plan includes:

- The rules of disengagement: how and why to go “no contact” with your ex

- How to work through grief, move past fear, and take back your life
- The secret to breaking the pattern of failed relationships
- What to do when you can't stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house Complete with inspiring stories from real people and strategies to jump-start the moving-on process, Getting Past Your Breakup is the most effective plan for getting permanently past a breakup, getting your confidence back, and opening yourself to true love.

作者介绍:

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心理，自助

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评论

most helpful self-help book

失戀必讀，而且英文非常簡單，小學生水平

感觉每句话都能说到我的心里。用词不难，阅读无障碍。

有清晰的步骤与工具，对于那些失恋、离婚的人士，确实很有帮助。学习，帮助自己的来访者。

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书评

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