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The Break Up Book: Tangible Ways to Get You Back on Your Feet (Paperback)

By Hanna Kim Msw

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Break UP Book (BUB) aims to accompany you along your post-break up journey, so that you can come out of it better than before. The BUB acknowledges the multitude of feelings one experiences when a relationship ends, whether it is confusion, guilt, anger, frustration, relief, excitement, fear, depression, sadness, or any combination of these. Either way, it may represent a loss in your life and you may want to learn how to feel better or like yourself again. The BUB s non-judgmental, comprehensive content is written in bite-size pieces and includes numerous exercises and vibrant complementary colouring illustrations intended on enabling your expression, reflection, and insights. This book engages you and takes you through the following three stages: 1) awareness - exploring your break up journey and your own break up style, 2) design yourself - learning how to enhance who you are, and 3) action plan - taking charge of your life with tangible steps for self care, relationship management, and other effective skills necessary to get you back on your feet. The BUB will provide you with step-by-step...



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Reviews

Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.

-- **Alta Kirlin**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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