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# Getting Over A Breakup: 75 Easy Steps To Get Over A Breakup



## Synopsis

A breakup is not the end of the world - overcome the feeling fast and move on with life! New York Times best selling author Kate Anderson brings you her latest book to help those suffering the pain of a separation. Getting Over A Breakup contains 75 easy to follow steps, broken into 3 sections, to help you get over the pain and anguish of a break up and to move on with your life. Here's a preview of what you'll learn when you buy this book: "Dealing with social media, friends and family" "Huge mistakes to avoid!" "Getting through the moments of pain and anguish" "Methods for remembering the good times but never forgetting the bad times" "Dealing with being alone" "The process for moving on with life and much much more. What other people are saying: "A rare find - a book full of practical advice that actually works and not the usual endless nonsense!" • Julianne Crowe, Chicago Tribune "A wonderful and easy to follow book that is certain to help mend broken hearts all over the world. Kate Anderson has done it again!" • Book Of The Month February 2016, Evening Standard "We loved this book and it came along at the right time for me. I owe this book a lot!" • Julie Walker, BitBuzz Updated 2016 Edition Available in Kindle, Print and Audiobook formats.

## Book Information

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## Customer Reviews

The perfect guide to survival after breakup. The book is broken into three phases. The first phase what you shouldn't do, the second what you should do, the third how to move on. This book helps you prepare for things you wouldn't think of on your own, like staying off of social media (or at least deleting your ex). Break ups just plain suck. But with this book moving on will be easier and faster. This is a good self help book!

Getting Over A Breakup is a great analysis and informative dating novel. Breakups are very detrimental to people's mental health, and I am glad someone finally wrote the truth. A lot of advice to get over breakups are sugar coated, whereas Kate Anderson is blunt with the audience. The best section to me was the first, which lists everything to NOT do after a breakup. I have been an offender to some when I was younger, but I know many people who still commit the others. It's great that she starts with the no-no's, because it shows the reader that this behavior shouldn't be accepted. My favorite advice is to ignore bad advice, because our friends sometimes do antagonize a bad situation. If you need help getting over someone, even if it's just a friendship, give this book a crack.

Getting over and moving on from breakups is not an easy thing to do and can be very painful. This book offers excellent advice how to move past it! I feel I can help my daughters now with their relationships. Excellent!

This book helped me see a very serious and depressing breakup situation in a more balanced light. These authors really give you the straight poop, but pepper the serious with a lighter side, that is often hard to see when you're depressed or seething with anger. The strongest and healthiest message I got from the book was to forgive your ex...it's so hard, but soooooo necessary to move on. In the end why waste another second of energy on something that wasn't working and most likely sapping you of your self esteem. This book tells you to forgive your ex for yourself because you're worth it and I agree 100%!

I think it's all about perspective especially after a breakup. I've had some fairly bad ones myself and would have loved a book like this when I was going through it. I'm in a great relationship now - but would still draw on the advice in this book should my friends get into a bad situation. Lots of good advice - like remember to keep perspective, understand the reasons why you

broke up and of course remember to smile.

Tonight my relationship of five years ended. Our future expectations were different and she broke it off. As you can imagine I'm hurt. I down loaded this book and found myself not being able to put it down. What a great starting point to get me through the healing process. Very straight forward and direct. Fully recommended.

I got this book for my sister who was in a serious slump when her relationship came to an end. I wasn't sure what to expect (and she was definitely sceptical!) but she gave it a try and really enjoyed it. She seems to have come to the other side of her pain and I'm really happy for her. One thing that really helped her was the section on managing social networking! She's learned out to protect herself and prioritise herself. I highly recommend this book to anyone suffering from breakup pain.

I am a relationship expert, so I think a great deal about what makes for the best and healthiest possible dynamics in a relationship. Part of the work that I do involves counseling people when a relationship must end. This can be a really traumatic and heartbreaking time for anyone, especially if the involvement lasted a long time, the parties involved had a deep commitment to one another, or if the breakup occurred around difficult circumstances. Regardless of what situation caused (or was caused by!) the breakup, people experiencing the end of a relationship are often traumatized and at a loss for ways to move on with their lives. After all, the end of a romance doesn't necessarily come with an instruction manual! Kate Anderson has fulfilled an important need in the lives of those who are going through a breakup. Her book is filled with tips to help any broken heart begin to mend. While many of the tips are common-sense based, quite a lot of them are unusual and must be read to be believed -- yet they actually work! This book is well written and easy to read, but absolutely full of terrific advice and hear-touching wisdom that will soothe any restless soul who is looking to come back to earth and deal with breakup trauma in a healthy and productive way. I recommend this book to anyone who is experiencing the loss of love in his or her life, as well as professionals who counsel people in romantic partnerships. It is a valuable resource and can empower a lovelorn soul into becoming a strong, independent, and emotionally healthy person.

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Psychic Development: 3 Easy Steps To Developing Your

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