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ONE OF THE HARDEST THINGS TO DO IS TO LET
GO OF SOMETHING YOU THOUGHT WAS REAL...



**GET OVER A
BREAK-UP**

THE FIVE STEP GUIDE TO GET OVER YOUR EX,
BREAK BAD HABITS AND LEARN TO LOVE
YOURSELF

BY ROBIN MARTEL

One of the hardest times in your life is undoubtedly the breakdown of a relationship. If you were the one to end the partnership or you have been left heartbroken by your ex, the pain that you feel during this time is difficult to deal with.

I've been there - exactly where you are right now.

I've felt the pain, loss, and rejection of a break-up. I've created this book to guide you through the break-up and offer you advice and the comfort that you can and will get over this, just like I did. From sobbing myself to sleep to now feeling the best version of myself, I tackled my break up head-on and came out on top.

The five steps I guide you through in this book include:

Getting to know the seven stages of grieving the relationship and how to handle each stage

Maintain zero contact and generating the willpower to do this

Breaking the emotional and mental bad habits you create after the break-up

A guide to self-care and how to apply this to your life

Moving on and offering a glimpse into my own break-up to show you how you can come out of this on the other side even better than before.

Get Over a Break Up will teach you how to do this and leave you inspired to love the most important person: you.

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Author : Robin Martel

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