

Descargar libros gratis How to Fix a Broken Heart - Guy Winch QBook



'HOW TO FIX A BROKEN HEART PROVIDES THE VALIDATION, COMFORT AND HOPE ANYONE WHO IS HEARTBROKEN DESPERATELY NEEDS.'
ESTHER PEREL, BESTSELLING AUTHOR OF *THE STATE OF AFFAIRS* AND *MATING IN CAPTIVITY*

Every one of us has or will have our heart broken at some point in our lives. Heartbreak, whether it comes in the form of romantic love or through loss, is universal, yet we know so little about how to deal with it. Psychologist Dr Guy Winch imagines how different our lives and our society would be if we paid more attention to this unique emotional pain.

Heartbreak can last for days, weeks, months and even years. Yet while we wouldn't expect someone to go to work or function well with a broken limb, heartbroken people are expected to function in their lives, despite the emotional pain they feel.

How to Fix a Broken Heart argues that if we don't understand how heartbreak works, we won't be able to heal it and we are likely to make it worse, which we do, and regularly.

Dr Winch reveals how and why heartbreak impacts our brain and our behaviour in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve and to function.

Recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Dr Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

'A great read for anyone going through heartbreak, anyone trying to help someone go through heartbreak, or anyone who simply wants to understand humans better' Tim Urban, creator of *Wait But Why?*

Title : How to Fix a Broken Heart
Author : Guy Winch
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