

Did I Lose It?: How to Recover After a Breakup and Get Back in the Game



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Reviews

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(Jaclyn Johns DDS)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It s The End Of An Era, Not Your Life Sometimes, no matter hard you try, you cannot avoid a breakup. It is not easy to end a relationship without feeling the pain and stress. Whether you are the dumper or the one who got dumped by your partner, it is very difficult to control the feelings and to move on with your life. Analyzing the cause and blaming yourself or your partner for the breakup will only increase your pain and strain. It requires immense courage and strength to behave as if nothing has changed in your life. Whether the relationship was for a short time or it was a long time relationship, breakup makes us feel heartbroken and mentally and physically ill. It is not possible to completely avoid the feelings of guilt and pain, there are definitely some coping mechanisms which will help you get over the situation faster and to be back in the game.



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