



Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up

Dr. Knowledge

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Knowledge

DIVORCE OR BREAK UP?

Your relationship is over. Now what? You might feel lost, devastated, and lonely and I'm here to help. Let me tell you a little bit about myself. I too went through a very painful divorce right after giving birth to our child. And to make matters worse, he stayed in the affair that broke us up to begin with. I was devastated and felt like my world was over. I knew I had to pull myself together and continue on for the sake of my children. So I decided that I would give myself 30 days to become a better, happier, healthier and newer me. Everyday, I would come up with fun and interesting ways to help myself get over my divorce and it worked. I became happier, healthier, and felt like a new person. After going through this, I started coaching people who were having the same problems and noticed how their lives change. I knew I wanted to help as many people I could who are having this problem, but knew that my course wasn't affordable for everyone, so I took all the things that helped me and my students and put it into this 30 day workbook: Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery

*** Part of the proceeds from this book will go to the Abuse, Counseling, and Treatment Shelter. ***

Some things that you will learn are:

** to let go of the memories of your ex

** to become healthier and happier

** to not feel so alone

** why you shouldn't call him/her (Don't do it!!!)

** how you are an amazing person

and much more

Below are the lessons you will learn in: Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery

Introduction

Day 1: Remember the Bad

Day 2: Remember and Celebrate “You”
Day 3: The Funeral
Day 4: Create a Support Structure
Day 5: Write the Letter
Day 6: Get Busy
Day 7: Hobbies and Mini Celebration
Day 8: Be Grateful
Day 9: Letter from Your Angel
Day 10: Affirm
Day 11: Inspiration
Day 12: Taking Inventory and Mini Celebration
Day 13: Forgive and Release
Day 14: Comedy and Laugh
Day 15: New Connections and Mini Celebration
Day 16: Your New Mate
Day 17: Release Your Anger and Find New Peace
Day 18: Dream Again
Day 19: Physical Time
Day 20: Emotional/ Spiritual Time and Mini Celebration
Day 21: Dig Into You... “It’s all about you”
Day 22: Day of Reflection
Day 23: Your Space
Day 24: Helping Others
Day 25: Journal/ Handwriting and Mini Celebration
Day 26: Look at Your Relationships
Day 27: Research
Day 28: Your New Story
Day 29: Setting Goals
Day 30: Act as if...Graduation & Celebration to the “New You”
Graduation Certificate

Currently ON SALE Download Your Copy Today and make your divorce easier on you.

My hope is that this Divorce Workbook heals your broken heart. And I hope you become a happier, healthier, and newer you.

Tags: Divorce, Self-Help, Parenting, Dysfunctional Relationships, Parenting & Relationships, divorce and separation family law, mood disorders, health fitness and dieting, Psychology & Counseling, Love and Romance, divorce workbook, marriage over, break up books, marriage help

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From reader reviews:

George Cardenas:

The book Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up gives you the sense of being enjoy for your spare time. You can utilize to make your capable far more increase. Book can to be your best friend when you getting anxiety or having big problem with the subject. If you can make examining a book Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up to be your habit, you can get considerably more advantages, like add your own capable, increase your knowledge about a few or all subjects. You can know everything if you like open and read a e-book Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up. Kinds of book are several. It means that, science reserve or encyclopedia or some others. So , how do you think about this publication?

David Packard:

Spent a free a chance to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up can be excellent book to read. May be it is usually best activity to you.

Donna Feuerstein:

A lot of people always spent their own free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a reserve. The book Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the particular e-book. You can m0ore easily to read this book out of your smart phone. The price is not to fund but this book provides high quality.

Marvin Ober:

Within this era which is the greater man or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple method to have that. What you must do is just spending your time not very much but quite enough to experience a look at some books. One of the books in the top checklist in your reading list is actually Divorce or Break up? I Just Want to Heal My Broken Heart 30 Day Program to Recovery (Divorce Series Book 1): A Day by Day Guide to Help You Recover from Your Divorce or Break Up. This book and that is qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking right up and review this reserve you can get many advantages.

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