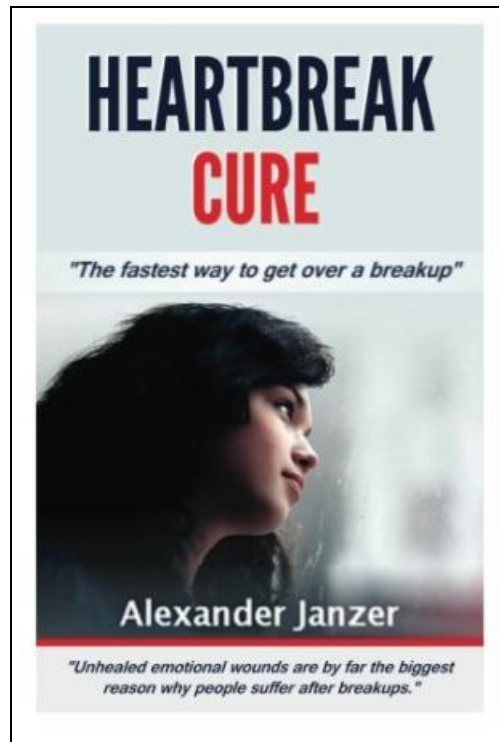


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book you will find the fastest way to get over a breakup and the painful heartbreak. You will also learn how to quickly let go of your ex-partner with a few simple exercises. What is the secret to get over a breakup in the fastest way possible? The secret is that the pain of a broken heart is caused by emotional wounds. When you heal these wounds the pain of the heartbreak will also be gone! The self-therapy exercises in this book are based on this little known psychological fact. Time does NOT heal all wounds: Every person has psychological wounds and trauma from early childhood. The reason for this is simple that emotional wounding does not heal with time or on its own. We only suppress the emotional wounds, so that they come up again and again as emotional pain that is usually accompanied by emotional charges such as intense anger or sadness. After a breakup A LOT of emotional charges and suppressed wounds come back to the surface. Psychotherapy can help, but it is usually quite costly. However, you do not need any therapist to heal your own emotional wounding, You just need to know how to do it. With the self-therapy exercises described in this book you can also heal your broken heart independently and in the fastest way possible. What you will find in this book: - How to heal emotional wounding, the biggest cause of pain and suffering after a breakup - How to stop missing your ex-partner - How you can use a natural inner healing mechanism to get over the breakup - What you can do against negative emotions such as...



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