



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:

Robert Frye:

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Susan Rogers:

People live in this new day time of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the book you have read will be 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.

Robert Knight:

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Angela Latham:

What is your hobby? Have you heard that question when you got pupils? We believe that that question was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person such as reading or as looking at become their hobby. You have to know that reading is very important and also book as to be the thing. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You discover good news or update concerning something by book. Numerous books that can you take to be your object. One of them is 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.

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