

BASED ON 20 YEARS OF PROFESSIONAL COACHING EXPERIENCE

How to Get Over a Breakup

Keys to Healing and Happiness Again



PRESTON NI
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“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.”

— Thich Nhat Hanh

“Many times what we perceive as an error or failure is actually a gift.”

— Richelle Goodrich

“You are more powerful than you know; you are beautiful just as you are.”

— Melissa Etheridge

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Introduction

Losing a significant relationship in life is never easy, especially after you and your former partner walked a journey together. The loss of a close relationship can feel like emotional amputation. You may feel sad and alone, as if you're missing an important part of yourself. If you were on the receiving end of a break-up, you may feel angry, rejected or betrayed.

The good news is that the sadness doesn't last forever, and brighter days lay ahead!

This book provides highly practical tips on how to get over a break-up, so you can heal and be happy again. The first section identifies multiple healing strategies in the aftermath of a relationship dissolution. Subsequent chapters offer thought-provoking perspectives on why your break-up may have occurred, and empowering ways to move on in your life – with new confidence and self-assurance.

Helen Keller once wrote: "When one door of happiness closes, another opens." This book may show you how.

A Healthier You —

Seven Ways to Heal & Find Happiness Again

1. Let Yourself Grieve

When we feel pain from a loss, allowing ourselves time to grieve is one of the most important steps in the healing process. Find healthy outlets where you can safely express your emotions. Have a good cry (or a few), talk with supportive friends, write in a journal, see a counselor, or pray to your maker. Acknowledge the pain and hurt. Those who don't allow themselves to grieve carry repressed pain which will inevitably affect future relationships. When you let yourself grieve, you give to yourself the gift of tenderness. In time, the sadness diminishes, and the tears fall less. Your healing has already begun.

“We can endure much more than we think we can; all human experience testifies to that. All we need to do is learn not to be afraid of pain. Grit your teeth and let it hurt. Don't deny it, don't be overwhelmed by it. It will not last forever. One day, the pain will be gone and you will still be there.”

— Harold Kushner

2. Take Care of and Pamper Yourself

There's more to this excerpt!

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