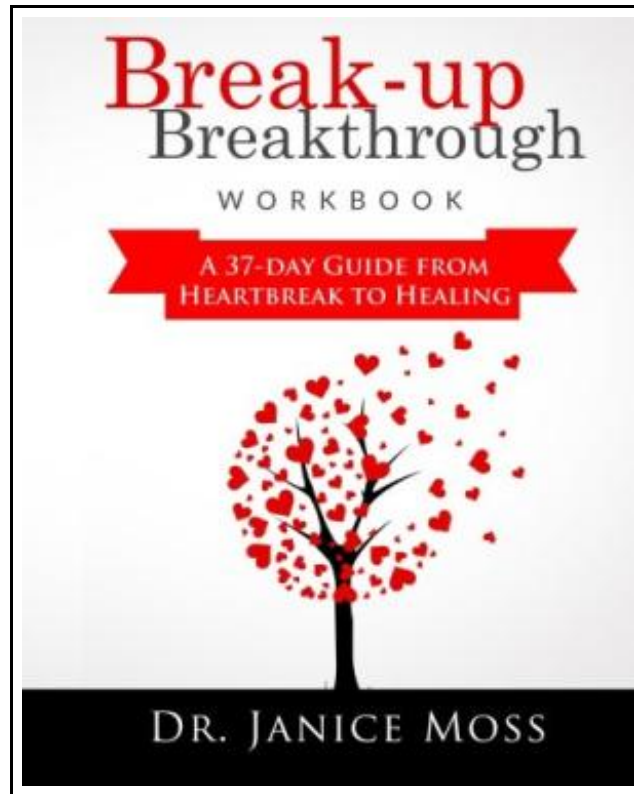


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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This Break-up Breakthrough Workbook was designed to be used in conjunction with the Break-up Breakthrough book. The workbook will accelerate your healing process and provide deeper insights into all the areas that need to be examined in order to find the Breakthrough you desire. You will find 37 days worth of exercises, each corresponding to the same subject matter as that day in the Break-up Breakthrough book. The process works best if you read the specific day of the book then work the exercises in the workbook for that day. Space has been left for you to write about your thoughts and any insights that you may glean from the process or any emotions that may arise as a result of the exercises. Please put your thoughts, emotions, past hurts and revelations on paper. Please do not try to stuff them away into the crevices of your mind, they can hurt you there. But, if you expose them you can properly address them, analyze them and loosen their grip on your life, self-esteem and decision making. As long as the monster is in the closet you will be afraid, but when it is exposed you will realize that it is has no power over you. Working the exercises for each day will of course expose some emotions that will probably be painful, but it will also provide some valuable insights that will help you grow and flourish. In the pages of this workbook you will come face to face with yourself in a way that will expose your patterns, heartaches, frustrations, past trauma, what you feel about yourself and the relationship blunders that you have made in the...



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