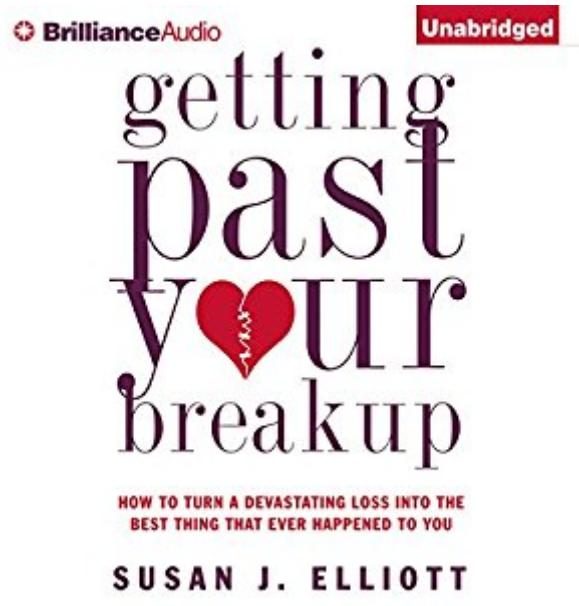


The book was found

Getting Past Your Breakup: How To Turn A Devastating Loss Into The Best Thing That Ever Happened To You



Synopsis

It's over - and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, you can move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Forget it! Starting today, this breakup is the best time to change your life for the better, inside and out. Getting Past Your Breakup is a proven road map for overcoming the painful end of any romantic relationship, even divorce. Through her workshops and popular blog, Susan Elliott has helped thousands of clients and readers transform their love lives. Now she'll help you put your energy back where it belongs - on you. Her plan includes: The rules of disengagement: how and why to go "no contact" with your ex, How to work through grief, move past fear, and take back your life, The secret to breaking the pattern of failed relationships, and What to do when you can't stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house. Complete with inspiring stories from real people and strategies to jump-start the moving-on process, Getting Past Your Breakup is the most effective plan for getting permanently past a breakup, getting your confidence back, and opening yourself to true love.

Book Information

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Customer Reviews

very good information and motivation. just what i needed to get over the worst part of my divorce. i recommend this book for any breakup

Little bother is going through his first pretty rough breakup at 24, and in addition to endless talks with him to help him try and get through this I grabbed him this and promised to listen to it also, he's in NY while I'm on NC so unfortunately I can't physically be there for him so this audio book was meant for advice after we ended our nightly convos. Even though I'm happily married, this book has helped me as well as him, it is meant for a breakup but applies to life in general and should be a book everyone reads/listens to!

If you are having trouble getting over your breakup, this is the book to help. There is a lot of work to do but it is worth it. I am still going back and forth between the different phases of grief. I reread the sections that apply to my current state and it really helps. This book has been my lifeline.

I am half way through the book, Susan has a great point of view on relationships coming from her own experiences. We get stuck in a long relationship, forget about ourselves and forget who we are. The book is definitely helping with letting go of what is no longer working for me, and I am "healing" at the moment. I already ordered another book for my friend.

IF you are a kind person, you are more likely to be a 'glass is half-full' person. You are more likely to remember the good times...AND dwell in the "What could have been's". This leaves you wishing and hoping about the past instead of moving forward. My new life is far better than could have even been imagined!

This novel is absolutely amazing. Really made my outlook on relationships & life in general change for the better! I recommend this book for anyone who has dated someone, even if it was a short lived relationship, this book helps a lot dive into what you want in a mate.

"Getting Past Your Breakup" is the book for people who don't want to pay for therapy. I recently went through the terrible breakup of a long term relationship, and I really wanted to speak to a therapist to help me navigate my grief. I was very reticent to dole out a large amount of money for a therapist, so I decided to give this book a try. It was well worth the money. Written by a trained grief counselor, "Getting Past Your Breakup" walks you through the stages of grief in a way that I would never have been able to do myself. The author, Susan Elliot, walks you through a relationship inventory and a life inventory, so you are able to see what types of partners you choose and why. Not only was I able to get through this difficult time, but I was also able to decide what I want for my

future. I cannot praise this book enough, and I recommend it to anyone going through a particularly bad breakup or divorce.

I thankfully came across this book on when I was actually searching for another book about relationships and getting over them. It was a few weeks after a painful breakup that occurred earlier this year. The relationship I had been in had lasted 3 1/2 years and, while breakups generally come with some amount of pain, this breakup was different from any I've experienced in that I did not want to immediately get into another relationship to escape the pain I was feeling from the loss of this one. I felt something was inherently 'wrong' with me because the person I had loved so much could not/would not give back what I felt I needed. The last year of the relationship was an almost constant power struggle and I was told that I was 'complicated, needy, clingy', etc, etc. Being someone with low self-esteem, and always ready to blame myself for any failures, I believed what he told me. And maybe I WAS all of those things in that relationship. Regardless of all the negative things he said to me, I did not want the relationship to end. I wanted him to change. I wanted him to love me and show me the love I so desperately felt for him. He obviously never did and thank goodness he didn't or I would still be in that relationship, miserable and unhappy. I cannot recommend this book enough for someone who is either going through a breakup, has recently gone through one or just wants to change their life because they realize that they often choose their mates 'unwisely'. It is truly the best book I have read in years.

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