



How to Mend a Broken Heart : Letting Go and Moving On

Aleta Koman

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Coping with the end of a relationship is one of the most common experiences a person faces, yet few are prepared for the intense shock, pain, and frustration that is involved. *How to Mend a Broken Heart* is a step-by-step program for dealing with loss brought about by breakup, divorce, separation, end of a friendship--even custody disputes and job termination. This book identifies the predictable emotional stages following a loss, provides reassuring strategies for coping, and emphasizes strength and knowledge that one can gain for the future.

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