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When The Person You Love Doesn't

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Love You: Part One

Getting Past Your Breakup Self-Care

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Susan J. Elliott, J.D.,M.Ed. is the creator of the Getting Past Your Breakup Program, where many classic breakup techniques originated, which

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includes courses, groups, seminars and workshops, the voice of the Mean Lady Talking Podcast, a successful media commentator, a successful attorney and the author of the GPYB books.

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Getting Past Your Breakup – How To
Turn A Devastating Loss ...

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

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But as unbelievable as it may seem
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heartache, you can move past your
breakup. Forget about trying to win

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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

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Forget about trying to win your ex
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overcoming the painful end of any romantic relationship, including divorce, with practical strategies for healing, getting your confidence back, and finding true love. 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

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Getting Past Your Breakup: How to
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It's over--and it really hurts. But as
unbelievable as it may seem when you
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move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Starting today, this breakup is the best time to change your life for the better, inside and out.

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Getting Past Your Breakup: How to Turn a Devastating Loss ...

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

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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:

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Getting Past Your Breakup: How to
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How To Get Past A Devastating
Breakup 1. Know that grieving
someone and missing them does not
necessarily mean you want them. It
means you hurt because you've... 2.

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Even if you do still love him or her, you don't have to act on it. You don't have to make contact or find ways to see...

3. Try not to ...

How To Get Past A Devastating
Breakup - SelfGrowth.com

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Emotional Devastation After a Breakup
Suicide can be a real threat when you don't believe you can get over it. Every few months I read an article about someone who committed suicide after a breakup or a person who went on a shooting rampage or did some other thing after being

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Turn a Devastating Loss ...

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Getting Past Your Breakup ...
by Susan J. Elliott, J.D., M.Ed.
Attorney, Author, Therapist,
Podcaster, Motivational Speaker,
Media Commentator AND Creator of

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the Getting Past Your Breakup Program, the world's most successful "healing after a breakup" program. Go to Program Resources (above) to find out more about the program. Getting Past Your Breakup: How To Turn A Devastating Loss Into The Best Thing That Ever Happened To You

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(Hachette Book Group 2009)

Splitting 2 | Getting Past Your Breakup
BOOKS Books 1 and 2 Getting Past
Your Breakup: How to Turn a
Devastating Loss Into The Best Thing
That Ever Happened to You – this is

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the book that started it all – published by Hachette Book Group – one of the “big 5” publishers – under the Da Capo Perseus imprint – and we are proud to be listed on numerous, prestigious Best Breakup Books of All Time lists.

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GPYB Resources | Getting Past Your Breakup

You probably also have other unresolved losses in there. It's all part of the package, but the GPYB program is about HEALING and you can heal the pain of this breakup and any

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unresolved losses that may be mixed in. The GPYP workbook goes into greater detail as to how to work with your devastating breakup grief so you may move on. It's imperative that those healing from a breakup understand they are grieving and don't shortcut the process as

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sometimes well-meaning friends and family ...

Grief or a Pity Party? | Getting Past
Your Breakup

Getting Past Your Breakup: How to
Turn a Devastating Loss into the Best

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