



Getting Past Your Breakup: Your Relationship Ended but Your Life Didn't

Shelby Grant

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Watching the person who stomped on your heart walk out the door is never easy. Your stomach may be tied up in knots and you don't know what being single feels like. In this book, the author will give you some ideas on how to begin the healing process. With self-reflection and other techniques, you may begin to feel the burden of that broken heart fade away. The author reminds you that with all wounds, it takes time. The author will offer words of encouragement and support because you are not alone. Please dear reader, don't feel like your world came crashing down around you. Your relationship may have ended, but your life is just beginning.

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