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Break-up Breakthrough: A 37-Day Guide from Heartbreak to Healing

Janice Moss

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A book for anyone who is ready to heal from a difficult breakup - whether it is the end of a long term relationship, a summer fling or a painful divorce.

Within these pages you will find the tools to ***move beyond divorce and separation, start dating and enjoying process of mate-seeking*** so that you can attract the love that you need.

This book is a 37 day journey that will help you to evaluate yourself, your relationship patterns, how those patterns came to be, as well as how your patterns have influenced your relationship choices. The daily exercises and assignments will help you to honestly look at yourself and how your past may have contributed to the relationships you chose. The intention of this book is to help you find the loving relationship you deserve.

In Break-up Breakthrough you will:

- expose your patterns, heartaches, frustrations, past trauma
- gain a better understanding of the relationship blunders that you have made in the past
- discover your patterns of attraction
- identify your relationship style (who you are in relationships)
- get the tools you need to attract a better and more appropriate partner

If you allow yourself to go deep inside yourself and acknowledge, feel and forgive, then you will realize that this process is where your healing and breakthrough will be found.

Break-up Breakthrough A 37-Day Guide from Heartbreak to Healing provides the questions that you need to answer to understand your relationship patterns and personal history. It requires you to engage in honest and truthful self-assessment to gather the insights you need. If you approach each day with honestly and embrace the vulnerability that might arise in the next 37 days you will be on your way to the relationship that fulfills your dreams and the bliss that is your birthright.

This journey is all about clarity. No magic tricks or quick fixes, just an honest self-assessment coupled with a relationship and personal inventory. Approaching the process with clear intentions to honestly commit to your transformation will result in: raising your expectations, learning what “good love” looks like for you and preparing yourself to fulfill the dreams that are your destiny.

A 37-Day Guide from Heartbreak to Healing and the Break-up Breakthrough Workbook will provide much needed information to help repair your broken places, see how your past influences your future, learn to change your mind and your agenda and help you develop the skills to attract a person who will appreciate your uniqueness and nurture your spirit. Take the trip; it will be arduous at the beginning and joyous at the end. If you do the work, you will get the results you desire and be better as a result. Sometimes it will feel like a rollercoaster ride, but as usual you enjoy the ride much more after it's finished. Your healing and Your

Breakthrough await.

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