Getting Over Him and Back Out There One Month From Today



Catherine Hickland

The 30 Day Heartbreak Cure The 30 Day Heartbreak Cure

Mike Jess

The 30 Day Heartbreak Cure The 30 Day Heartbreak Cure:

The 30-Day Heartbreak Cure Catherine Hickland, 2008-12-30 A straightforward day by day plan for healing heartache in one month from the star of ABC s popular daytime drama One Life to Live Day 1 It s over You re devastated numb angry lost hurt helpless hopeless shaken meanwhile the source of your grief has the arrogant nerve to still be alive He s probably having himself a perfectly good day while you feel as if you re dying inside Catherine Hickland knows She's been there More than once She also knows that soon you will get past your pain and on to the great life that s waiting for you Inspired by the soap diva s own trial and error efforts to recover from a broken heart in a healthy and productive way The 30 Day Heartbreak Cure is an easy to follow one day at a time plan for getting yourself over him and back on your feet All you need to do is set a deadline one month from today for your pain to end and let Catherine guide you through it Catherine's solid empathetic advice will help you take responsibility for your recovery repair your self esteem and learn from the best and the worst of what you we been through Look at it this way she says you only have to follow these rules for thirty days There's nothing you can t handle for thirty days except feel like you re feeling today Each day brings a new reflection and a simple activity that will help you look better feel better and ultimately discover that you re not just as good as new thanks to this experience you Your Self-Sabotage Survival Guide Karen Berg, 2015-01-19 Do you feel like everyone around you is getting are better ahead while you re stuck in the same old rut And do you blame everyone and everything for your situation except yourself Many of us walk around engaging in negative behaviors and mindsets and don't even realize we're doing it Every day people work harder and harder to get nowhere It s time to stop being second rate it s time to be great With more than 25 years in the trenches motivational expert Karen Berg shows you how to transcend the ordinary and become extraordinary with this firm tough love program about getting to the point getting what you want and getting ahead Your Self Sabotage Survival Guide will help you refocus your energy and get back on track first by helping you identify the elements of self sabotage then by providing sound advice for reinventing yourself and eliminating sabotage from your life This essential guide will help you get rid of the buts banish the if onlys and break the cycle of playing it safe Complete with anecdotes and expert panel interviews Your Self Sabotage Survival Guide features checklists worksheets guizzes and more to help you finally get the success you deserve because you earned it The Publishers Weekly, 1919 **Natural Remedies for Mental and Emotional Health** Brigitte Mars, Chrystle Fiedler, 2024-01-09 A self care guide to treating mental emotional and neurological conditions Explores common mental health concerns and stress related issues such as anxiety depression anger insomnia brain fog and trauma and shares remedies and practices to address and heal their root causes Examines the influence of diet and nutrition on mental health and the benefits of specific foods herbs supplements essential oils and self care techniques Details holistic remedies for neurological conditions such as ADHD epilepsy addiction bipolar disorder PTSD multiple sclerosis Parkinson s disease traumatic brain injury TBI and stroke In this comprehensive guide to natural methods

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