



My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love

Patty Blue Hayes

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MY HEART IS BROKEN. NOW WHAT?
12 PRACTICES TO HEAL THE EMOTIONAL PAIN OF BEING ABANDONED BY THE ONE YOU LOVE

If you're someone who's feeling lost, isolated and broken after the one you love just dumped you, walked out and didn't look back -

MY HEART IS BROKEN. NOW WHAT? is written for you.

- * Is your mind swirling with questions as to why they left?
- * Are you anxious, depressed and feeling blindsided?
- * Does it feel like your heart has been amputated?
- * Are you numbing out to escape the pain?

I've been there. Done that.

I put these 12 practices together based on my own personal experience and my education as a Life Coach and a certified trainer in the Infinite Possibilities program created by New York Times best selling author, Mike Dooley.

This heartbreak recovery guide is for you if:

- * You have a desire to allow yourself to grieve.
- * You'd like to hear words from someone who knows your pain.
- * You're looking for actionable tools and techniques so you can start feeling relief.

Today, I'm a Life Coach specializing in helping people heal their heartbreak. I found great purpose from what was an extremely painful time in my life when my marriage ended abruptly. I sunk to the depths of despair and didn't know who I was without him. I felt broken.

My healing journey was a bumpy road because I didn't know the tools, techniques and practices that I'm sharing with you in this book. Even as I embarked on my training, I was still amidst great grief and sometimes didn't make the best choices. I would love to spare you the bumpy road.

You'll find 12 Practices to incorporate immediately into your life to start feeling better. Take control of your healing and do it with good intentions. Whether you're coping with a divorce or break-up, you'll find comfort in the 12 Practices I share with you.

My greatest hope is that you know you're not alone.

Please look for the 12 week audio program based on this book as a companion guide for your healing journey.

Heartbreak, breakup, break-up, divorce, broken hearted, broken heart, heart break, coping with divorce, how to cope with divorce, dealing with grief, divorce advice, life after divorce, dealing with rejection, emotional pain, self care, break up advice, surviving divorce

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William Vogt:

The actual book *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love* has a lot associated with on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. Tom makes some research previous to write this book. That book very easy to read you will get the point easily after reading this article book.

Ruth Brown:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love* the mind will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely might be your mind friends. Imaging every single word written in a publication then become one contact form conclusion and explanation this maybe you never get prior to. The *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love* giving you an additional experience more than blown away your mind but also giving you useful facts for your better life within this era. So now let us teach you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary paying spare time activity?

Donna Salerno:

With this era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple solution to have that. What you are related is just spending your time almost no but quite enough to experience a look at some books. Among the books in the top record in your reading list is usually *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love*. This book which can be qualified as *The Hungry Slopes* can get you closer in growing to be precious person. By looking right up and review this book you can get many advantages.

Donna Robinson:

Some individuals said that they feel fed up when they reading a guide. They are directly felt it when they get a half regions of the book. You can choose the particular book *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By The One You Love* to make your own reading is interesting. Your own skill of reading skill is developing when you similar to reading. Try to choose simple book to make you enjoy you just read it and mingle the impression about book and reading through especially. It is to be 1st opinion for you to like to open up a book and examine it. Beside that the e-book *My Heart Is Broken. Now What?: 12 Practices To Heal The Emotional Pain Of Being Abandoned By*

The One You Love can to be your friend when you're sense alone and confuse with what must you're doing of their time.

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