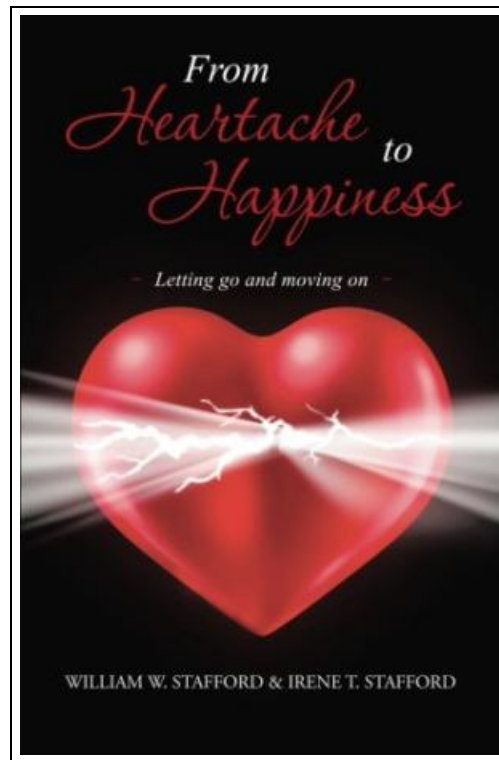


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Reviews

It is just one of my personal favorite publications. It is among the most awesome publications I have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Delia Rutherford)

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Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What you do with heartache is your choice. You can ignore it, wallow in it or take personal responsibility for your next steps. There is no right or wrong way to deal with it, just different consequences for the action you choose. Ignoring and staying in victim consciousness may be learned behaviors from childhood - maybe even methods modeled by your parents. After the end of a relationship, love doesn't die. There are memories you created together that last a lifetime. When you are able to release any anger or resentment and embrace self-forgiveness for the judgments you placed on the other person and yourself, your heart opens to feel the blessings. Self-Forgiveness is one of the most valuable tools you can use. When you work through all the powerful exercises in this book, you upgrade your personal tool box for a more successful way of living.



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