



# **How to Deal With a Bad Break Up The Get on With Your Life Handbook Special Edition (Let Go Rejection, Meet Someone Special & Be Happy 1)**

*Richard Kuhns*

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## **How to Deal With a Bad Break Up The Get on With Your Life Handbook Special Edition (Let Go Rejection, Meet Someone Special & Be Happy 1) Richard Kuhns**

Feel like you're falling in a bottomless pit? Being rejected can be tough. If you feel like your purpose in life has been questioned or gone or that there's no place to go but down, this program is the "Floor" to that bottomless pit. Whether it be from a relationship break-up, divorce, or the death of loved one the anguish can be all consuming.

Love makes the world go round" Poets write endless verses, praising the virtues (and heartaches) of love, while the whole world sings the songs of love. Love is everywhere. Love is everything. But sometimes it hurts. And sometimes it is not returned. Sometimes it can not be found. And sometimes it is lost. Now you can put a floor where there was a "bottomless pit" It is a must for anyone going through rejection from breaking up or a broken heart or who questions the existence or capability of love in his/her life, or has tragically lost a loved one.

No other book in the world is like this one. Whereas other approaches may use "STOP" thinking or techniques to reduce the value of the person breaking up with you or divorcing you, this program celebrates their contribution to your life and instills love instead of hatred. A love free of anguish and the feelings of rejection. On the other hand, if you are dealing with the loss of a loved one who has passed on, this program doesn't trivialize their value to you by passing the buck of "God's will." Instead it gives you down to earth understanding of their passing in a way you can deal with the frustration of their loss and be complete and stronger for having known and loved them.

Werner Erhart, founder of the est training, once said, "Whether we like it or not, there's suffering in life. I'm in favor of short term suffering." And that's exactly what this book is about, i.e., moving you through the bereavement and grief counseling phase in weeks or months at most instead of years or decades. A broken heart doesn't have to take years to mend.

Purchasers of this book will receive a free monthly Stress Management Tips™ Bulletin worth \$299.00

Other Titles by this Author:

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The Scale Conspiracy—Eliminate Binging and Emotional Eating—available on Amazon.

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