



# How To Get Over Your Ex: Get Over a Breakup and Get Your Life Back In Six Steps (Breakup Recovery, Healing, Survival)

*Lauren Jones*

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## **Are You Ready to Get Your Life Back and Be Yourself Again After a Breakup?**

**For a limited time only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99.**

You're about to discover how to get over your ex and move on for good. This book also contains tips on how to get your life back after that much dreaded breakup.

Are you tired of carrying a heavy heart?

That's how I felt when I broke up with my ex. I knew I needed to move on but it was just so hard at the beginning. There are steps that I took to get my life back on track and I couldn't have been happier than I did. Now, I share these tips with you.

Ending a relationship is like going through a grieving process. You need some time to mourn the death of the relationship. But whether you were the one who ended it or your ex did, you know you have to move on.

I hope that you will enjoy reading this book and it will help you to see the light at the end of the tunnel. This is a new stage in your life.

But most importantly, the steps and strategies you will be learning here will be very helpful in dealing with a broken heart and moving your way to loving all over again.

## **Here Is A Preview Of What You'll Learn...**

- Why Breakups Happen
- Breakup Unofficial Rules
- Why Rebound Relationships Won't Help You
- Breakup Tips to Help You Carry On
- Tips on How to Focus on Yourself after a Breakup
- Loving Yourself After the Heartbreak
- Get Rid of Your Ex's Stuff
- Can You Stay Friends?
- And more!

Grab a copy of this book as your first step towards getting over a breakup.

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