



# The Heartbreak Cure: How to get over your ex and heal your broken heart in 48 hours or less

*A.C Miller*

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## **The Heartbreak Cure: How to get over your ex and heal your broken heart in 48 hours or less** A.C Miller

Are you suffering from heartbreak or emotional distress after the end of a relationship? Well, suffer no more, my friend! The Heartbreak Cure is here to help and restore you back to your old self again. This book will change your life. So the sooner you get it, the quicker you'll feel better. Get your copy today and follow a tried-and-proven road to curing the break-up blues so you can feel human again.

The modern equivalent of the little black break-up book, The Heartbreak Cure is filled with so much common sense advice, no divorce support group curriculum should be without it. From identifying the stages of grief, to creating your survivor mix tape, to self care, it provides a simple action-plan guaranteed to jumpstart your healing.

10% of the profits go to The Samaritans – a 24-hour free counselling helpline.

What you can expect to feel after reading this book:

1. Relief
2. Peace
3. Neutrality
4. Detachment
5. A new excitement about the future
6. Freedom

What you can expect to learn:

1. The pattern of a break-up, where you are in the process, and how to get out
2. Ways to fall out of love quickly
3. Ways to stop thinking about your ex
4. Valuable lessons about your past relationship
5. How to deal with anger and negativity
6. Confidence boosters
7. Coping mechanisms
8. How to quit negative thinking

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