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The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today

By Catherine Hickland

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW PRINT ON DEMAND., The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today, Catherine Hickland, A straightforward, day-by-day plan for healing heartache in one month from the star of ABC's popular daytime drama One Life to Live Day 1: It's over. You're devastated, numb, angry, lost, hurt, helpless, hopeless, shaken -- meanwhile, the source of your grief has the arrogant nerve to still be alive. He's probably having himself a perfectly good day, while you feel as if you're dying inside. Catherine Hickland knows. She's been there. More than once. She also knows that soon you will get past your pain and on to the great life that's waiting for you. Inspired by the soap diva's own trial-and-error efforts to recover from a broken heart in a healthy and productive way, The 30-Day Heartbreak Cure is an easy-to-follow, one-day-at-a-time plan for getting yourself over him and back on your feet. All you need to do is set a deadline -- one month from today -- for your pain to end, and let Catherine guide you through it. Catherine's solid, empathetic advice will help you take responsibility...



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Reviews

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

-- Maiya Kozey

Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sallie Wiegand