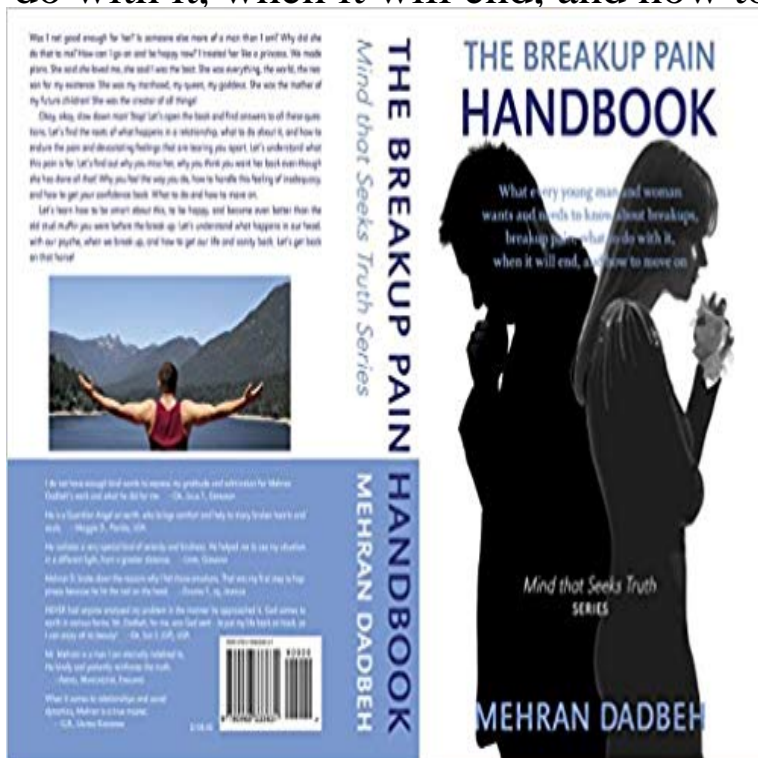


THE BREAKUP PAIN HANDBOOK: What every young man and woman wants and needs to know about breakups, breakup pain, what to do with it, when it will end, and how to move on

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Break up is one of the worst emotional pains we can experience, through this book we discuss how to understand what we are going through and why what happened happened, how to manage and understand the event, how to move on and how to deal and think of the emotional discomfort of the break up. Understanding our psyche as it is going through this challenge helps better dealing with the emotional ups and downs of the break up and how to re-shape, regroup and become better equipped to manage and step ahead strongly and confidently towards sunnier, and happier days. Take a look at the writings on the back cover of the book and see if you like what you read!

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