



Life After Your Lover Walks Out: A Practical Guide (10-Step Empowerment Series)

Lynda Bevan

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Your long-time partner has just walked out on you forever:

- * Do you feel paralyzed or afraid to move on?
- * Does the thought or sight of your old partner with someone else fill you with rage?
- * Are you worried or anxious about how to get by financially on your own?
- * Are you afraid to start another relationship with a new partner?
- * Do you lack energy and motivation to do anything at all since the break-up?
- * Do you spend a lot of time thinking how it might have been different?

If you answered yes to any of these questions then this book is for you!

Life After Your Lover Walks Out: A Practical Guide, is an honest, straightforward book that helps the reader through each step on the road to recovery. The book identifies the feelings that emerge during this emotional upheaval and offers a reservoir of alternative solutions on how to deal with these emotions. The journey of self-discovery is handled sensitively, and is an essential passage in moving on from an unhealthy relationship to a healthy emotional future.

What People are Saying:

"This is a well thought out, useful little book that is an excellent guide for those recovering from a broken, long-term relationship."

-Robert Rich, PhD, M.A.P.S., author of Cancer: A Personal Challenge

"An excellent tool to help persons move on after the end of a relationship. Life After Your Lover Walks Out highlights the common cognitive distortions and exaggerated emotions and urges the reader to examine their actions and how they perpetuate their feeling of loss. Through the use of introspective questions the book invites the reader to take a journey of self examination in order to accept the loss and to reengage in life."

-Ian Landry, MA, MSW, Case Manager

Life After Your Lover Walks Out: A Practical Guide is Book #1 in the 10-Step Empowerment Series



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