

# The Breakup Bible: The Smart Womans Guide to Healing from a Breakup or Divorce



Breakups are an unfortunate but inevitable part of every womans life, and theres no denying that the heartache experienced after the ending of a serious relationship can be excruciating. But it doesnt have to feel insurmountable, and there is always hope to be found. In *The Breakup Bible*, psychotherapist and breakup expert Rachel A. Sussman, LCSW, reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions shes conducted with women at all stages of recovery, Sussman developed a proven three-phase process for healing from a breakup. *The Breakup Bible* takes women through healing, understanding, and transformation, with new perspectives and advice from real healed women at each step. Sussmans plan for getting over the end of a relationship is revolutionary and sound, complete with steps for creating a personalized Love Map, a vital and groundbreaking tool for moving on after a breakup.

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