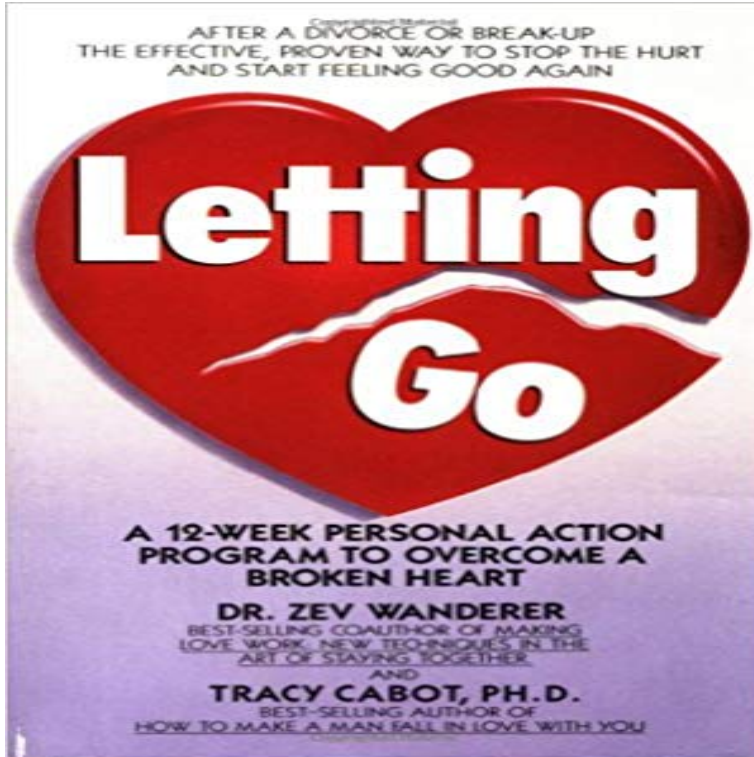


# Letting Go: A 12-Week Personal Action Program to Overcome a Broken Heart



Are you crying over sad songs? Seeing his or her face in every crowd? Aching with loneliness and hoping the phone will ring? Feeling that no one else can give your life meaning? Losing a loved one is the most devastating crisis of intimate living. It can jeopardize your health... even your life. You might think only passing time will ease your pain, but now you can begin to end the hurt today. Within three months you can erase painful memories, regain control of your feelings, and be free to love again. Discover how to: Short-circuit acute symptoms of grief and depression; Turn hurt into healthy anger; Fall out of love; Rebuild your self-esteem; Break the sex hook to your ex. Meet someone new and make that relationship really work! Here is the step-by-step, week-by-week program that has already helped thousands. Now you can learn how to survive a lost romance and regenerate your love life by... Letting Go.

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