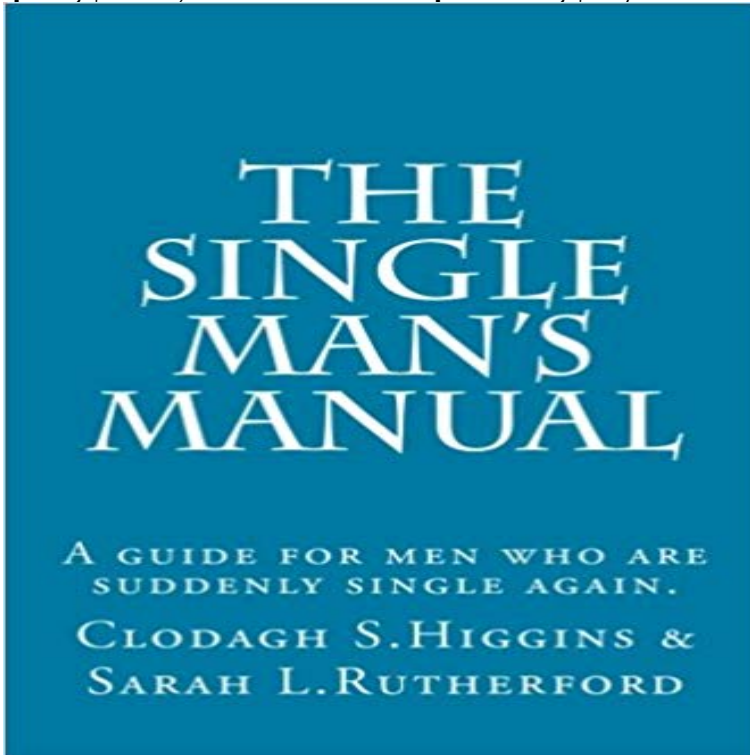


The Single Mans Manual A guide for men who are suddenly single again.: The Single Mans Manual is a simple manual, including a 7 step program, full ... to help change your life from the inside out.

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The Single Mans Manual is your own personalised guide and plan to starting over. Designed to help you focus on getting yourself to a better position where you make the right decisions about what you want and where you want to go in your life.

How do pick yourself up after the breakdown of a long-term relationship? How do you make the most of starting your life over? What is the best way to find new friends? For men struggling to cope with a failed relationship, there is now help. The Single Mans Manual is a simple manual, including a 7 step program, full of practical tips and straight forward advice to help change your life from the inside out. You will be shown how to plan your new future for yourself. A future that will have you feeling positive and excited. A Single Mans Manual covers everything from fitness and nutrition, to re entering the world of relationships, including advice from women on dating in the new on-line world.

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