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# Rebuilding your life after a break up or divorce (Divorce and Break Ups Book 1)

*Teresa Mary Carr*

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*Teresa Mary Carr*

**Rebuilding your life after a break up or divorce (Divorce and Break Ups Book 1)** Teresa Mary Carr
This book contains proven steps and strategies on how to move on and keep moving after a divorce or break up. Ending a relationship that has lasted a longtime and has become a big part of you can be devastating, and not everyone can handle it well.
This book will help remind you of the things that you need in order to move on successfully, on how to get back to knowing who you are and what you want and need. You will also be guided on how to work through the pain and find the core to your unhappiness as well as know how to handle divorce if there are children involved. This book can allow you to get out of your rut and become a healthy, strong, loving human being again.

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