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Picking Up The Pieces: A Guide to Recovery from Betrayal and a Broken Heart

Dinah Temple

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Picking Up The Pieces: A Guide to Recovery from Betrayal and a Broken Heart Dinah Temple
What do you do when your broken heart is bleeding all over the floor? How do you mend your heart, get on with your life and do it with a smile? How do you rebuild a happier life, learn to trust and love again? Dinah S. Temple has the answers. In her new book, Picking Up The Pieces, Ms. Temple shares the wisdom she gained after going through her own heartbreak recovery following her broken marriage. Picking Up The Pieces offers savvy, practical advice on how to regain balance in a shattered life, spinning out of control after a relationship breakup. It provides a winning combination of lessons on love, infidelity, trust, forgiveness and moving forward. Temple quickly connects with each reader on a level that only someone who has "been there" can. New hope springs from each page as Temple navigates readers through the grieving and healing process. Temple details positive ways to channel emotions into productive, healthy energy focused on rebuilding a new life. She writes with compassion and wit as she nudges readers back to a happy and whole heart. Readers come away with a more positive outlook on life, fueled to rebuild their self-esteem and start again with confidence and hope. They learn how to survive the tragic loss of love, journey through the tunnel of pain and come out on the other side- triumphant, strong, still sane, secure and ready to love again.

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