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each step. Sussman's 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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and breakup expert Rachel Sussman reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions she's conducted with women at all stages of recovery, Sussman developed a proven 3-phase process for healing from a breakup.

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building-block style that lets the reader move through the process at her own pace. Not intended to be a quick fix, it is a powerful opportunity to get to know yourself better, and build a strong, healthy foundation for the rest of your life.

Rachel A. Sussman | The Breakup

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Bible

The Breakup Bible s a really good book mostly for Teens. Its about a girl named Jen Lewis who goes to highscool and is dating a boy named Max Brown. They had a perfect relationship until he tells her he just wants to be friends. Jen feels like her life is over until her Nana gets her a book called the Breakup Bible.

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The Breakup Bible by Melissa Kantor - Goodreads

Psychotherapist and relationship expert Rachel Sussman drew on her own experience with painful breakups and healing, as well as the hundreds of counseling sessions and interviews she conducted with women at all stages of

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recovery and growth, to write The Breakup Bible: The Smart Woman's Guide to Healing from a Breakup or Divorce (Three Rivers Press; On Sale: January 3, 2012; Trade Paperback Original; \$15.00)

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