



Break Up, Don't Break Down - A relationship manual for surviving breakups, separation, and divorce.

D. Ivan Young

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Break Up, Don't Break Down provides a road map for anyone who's trapped by the past anger, guilt and pressures of a failed relationship. Here you'll find ten steps to happiness despite your breakup. This user-friendly manual is designed to show you how to get past the pain, stress and disappointment that come from breaking up, and to move you past the hurt and pain caused by a broken love affair.

Chapter by chapter, you will find a simple, direct, uncomplicated discussion of issues that range from ending the dysfunctional relationship to dealing with guilt or peer pressure, minimizing the negative effects on your children, creating a new life and finding new love.

It doesn't matter if you have a PhD or a GED -- the author tells it like it is, using down-to-earth language. Go ahead and take a break from your therapist, stop calling and worrying your friends, wipe the tears away.

Break Up, Don't Break Down will help you get over the pain of a dying relationship and show you how to get on with the rest of your life.

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