



Journaling Through a Breakup: How to Effectively Cope Through a Breakup Without Gaining 50 lbs or Becoming Anorexic

Nancy Newman

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Have you just been blindsided by a breakup summons? Shocked, shattered, and demoralized are just a few of the emotions that are fueling your injured state of mind, yet you still have to function. Do you have important decisions to make that not only involve you, but possibly children, pets, your family and friends? How will you be able to make sense of it all when you can't see past your feelings? How will you be able to survive the emotional rollercoaster you just got strapped into? My eight step journaling process will not only help ease the pain of a break-up, but it can help you overcome any adverse event in your life. Whether it's being laid off from your job, the death of a loved one or even an illness that is mentally and emotionally holding you back, this book can help you successfully navigate troubled waters. Journaling will help you to sort it all out. It will help you to feel what you need to feel. You will be able to take a step back and examine what happened and discover what emotions are taking over so you can gain and keep control to make those decisions you never thought you'd have to make. In this book you will learn how to:

- Journaling to get through the day
- Manage and come to terms with your emotions
- Write a therapeutic Kiss Off letter
- Recover and reclaim happiness through substitutions, self-evaluation and revelations

Don't let the destruction of your relationship rule your emotions and your actions. If you want to get off that couch and enter the world of the living once again, you need to put in the work. You can recover and reclaim your happiness and health again and journaling will help you get there! Don't wait to start journaling! Follow these 8 steps to help you discover your unique path to a better, happier and emotionally healthier you! And when you do this, you will feel whole again.



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