

Complete Self Rebuilding Recovery Workbook On Healing From Heartbreaks Divorce

Are you struggling to cope with the pain of a heartbreak or divorce?

You're not alone. Millions of people go through this experience every year. And while there is no one-size-fits-all solution, there are things you can do to help yourself heal and rebuild your life.

This comprehensive workbook is designed to guide you through the healing process. With over 300 pages of exercises, worksheets, and journaling prompts, this workbook will help you to:



Relationship Dowsing: A complete Self Rebuilding & Recovery Workbook on Healing from Heartbreaks, Divorce & Emotional Abuse with 16 Pendulum Dowsing Worksheets by Minkal Vaishnav

★★★★☆ 4.7 out of 5

Language : English
File size : 4222 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 233 pages

FREE

DOWNLOAD E-BOOK



- Understand your emotions
- Cope with the pain

- Rebuild your life

This workbook is not a magic wand. It will not make the pain go away overnight. But it will give you the tools you need to start healing and rebuilding your life.

What's inside the workbook?

The workbook is divided into six sections:

1. **Understanding Your Emotions**
2. **Coping with the Pain**
3. **Rebuilding Your Life**
4. **Moving On**
5. **Self-Care**
6. **Journaling**

Each section contains a variety of exercises, worksheets, and journaling prompts. These activities will help you to:

- Identify and understand your emotions
- Develop coping mechanisms for dealing with the pain
- Set goals for rebuilding your life
- Move on from the past
- Practice self-care
- Journal about your experiences

Who is this workbook for?

This workbook is for anyone who is struggling to cope with the pain of a heartbreak or divorce. Whether you are just starting out on your healing journey or you have been struggling for some time, this workbook can help you.

This workbook is also a great resource for therapists and counselors who work with clients who are going through a heartbreak or divorce.

How to use this workbook

There is no right or wrong way to use this workbook. You can work through the exercises in Free Download, or you can skip around to the sections that are most relevant to you. You can also do the exercises as often as you need to.

It is important to be patient with yourself as you work through this workbook. Healing takes time. There will be days when you feel like you are taking two steps forward and one step back. But don't give up. Keep working at it and you will eventually reach your goals.

Testimonials

"This workbook has been a lifesaver for me. I was going through a really tough divorce and I didn't know how I was going to cope. This workbook gave me the tools I needed to start healing and rebuilding my life." - Sarah

"I am a therapist and I have used this workbook with my clients who are going through a heartbreak or divorce. It is a great resource that helps clients to understand their emotions, cope with the pain, and rebuild their lives." - Mary

Free Download your copy today

If you are ready to start healing from your heartbreak or divorce, Free Download your copy of the Complete Self Rebuilding Recovery Workbook today.

This workbook is available in paperback and ebook formats. You can Free Download your copy from Our Book Library or from the publisher's website.

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