



How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup

By Tadhg O'Flaherty

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If you're ready to not only recover, but to rise like a Phoenix from the ashes of a breakup than this book is for you.

As men we have a tendency to bury our bad feelings in the deepest recesses of our mind and hope that they will never resurface again, but this approach actually makes things worse in the long run. This easy-to-use guide will walk you through each day step-by-step on what you need to do in order to fully recover after your heart was trampled on.

You will be kept very busy through the coming 31 days but by the end of it you will look and feel, better, stronger, more confident. By dipping into your subconscious mind you will slowly reprogram it in order to make all of your dreams a reality.

It doesn't matter if you were with her for 6 months, 1 year or 10 years. Through a stringent program of vigorous exercise and self-development over the next 31 days I am going to help you to get over your ex-girlfriend.

Here's what you will learn:

- How to process the horrible emotions in just 1 day
- The real reason she dumped you
- The benefits of strenuous physical exercise
- How to increase your happiness by removing negativity

- How to stay positive no matter what happens
- How to build the life you deserve
- How to **always** be a winner
- Proven methods to convince yourself to be happy, even if you are depressed
- Why they always want to be friends after ripping your heart out and what to do about it
- How to improve yourself and your home
- How to live a stress free life
- How to become fearless
- How to stand tall and be a **strong, confident, winner.**

You can become a far better version of yourself in as little as 31 days from now. Do you want that? Great ... then what are you waiting for?

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Editorial Review

Review

"I found the book an engaging and entertaining read that will help readers to take a deeper look at what went wrong in their relationship. The tips and suggestions are simple and easy and can be practised without much difficulty. The personal experiences shared by the author also help readers connect well with the situation and see where they need to change to get over their past relationship."

~ Mamta Madhavan (Readers' Favorite)

Users Review

From reader reviews:

Brad Bennett:

This How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup without we realize teach the one who studying it become critical in imagining and analyzing. Don't always be worry How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup can bring any time you are and not make your case space or bookshelves' turn out to be full because you can have it inside your lovely laptop even cellphone. This How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup having excellent arrangement in word along with layout, so you will not truly feel uninterested in reading.

Martha McKee:

The actual book How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup will bring someone to the new experience of reading the book. The author style to clarify the idea is very unique. In the event you try to find new book to study, this book very suited to you. The book How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup is much recommended to you to read. You can also get the e-book through the official web site, so you can more easily to read the book.

Shirley Nichols:

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to

consider look for book, may be the reserve untitled How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup can be good book to read. May be it is usually best activity to you.

Rick Fairchild:

Beside this How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup in your phone, it may give you a way to get closer to the new knowledge or info. The information and the knowledge you might got here is fresh from oven so don't always be worry if you feel like an old people live in narrow community. It is good thing to have How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup because this book offers for you readable information. Do you oftentimes have book but you would not get what it's exactly about. Oh come on, that would not happen if you have this inside your hand. The Enjoyable set up here cannot be questionable, such as treasuring beautiful island. Techniques you still want to miss this? Find this book as well as read it from now!

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