



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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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

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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- Sales Rank: #788453 in eBooks
- Published on: 2015-11-03
- Released on: 2015-11-03
- Format: Kindle eBook

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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:

Shelly Rodriguez:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite publication and reading a e-book. Beside you can solve your problem; you can add your knowledge by the guide entitled How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup. Try to face the book How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup as your close friend. It means that it can for being your friend when you experience alone and beside those of course make you smarter than previously. Yeah, it is very fortunate in your case. The book makes you far more confidence because you can know everything by the book. So , let us make new experience in addition to knowledge with this book.

Doreen Harry:

Often the book How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup has a lot details on it. So when you check out this book you can get a lot of gain. The book was authored by the very famous author. The writer makes some research before write this book. This particular book very easy to read you may get the point easily after reading this article book.

Logan Merritt:

The reason why? Because this How to Get Over Her in 1 Month: Learn how to rise like a Phoenix from the ashes of a breakup is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of advantages than the other book have such as help improving your ability and your critical thinking means. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

April Brooks:

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