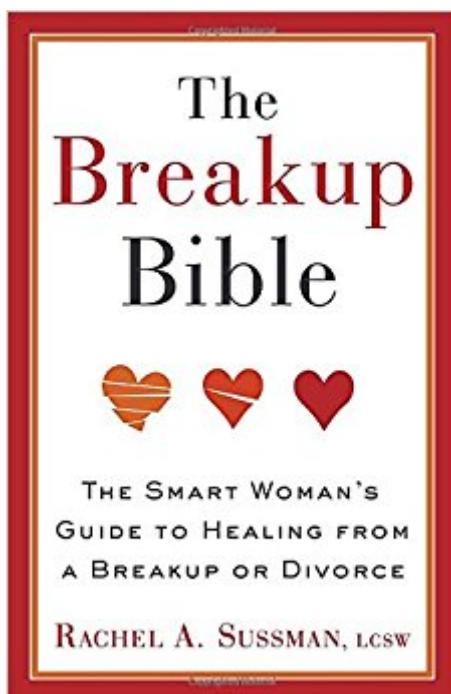


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# The Breakup Bible: The Smart Woman's Guide To Healing From A Breakup Or Divorce



## Synopsis

Breakups are an unfortunate but inevitable part of every womanâ™s life, and thereâ™s no denying that the heartache experienced after the ending of a serious relationship can be excruciating. But it doesnâ™t have to feel insurmountable, and there is always hope to be found. In The Breakup Bible, psychotherapist and breakup expert Rachel Sussman reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions sheâ™s conducted with women at all stages of recovery, Sussman developed a proven 3-phase process for healing from a breakup. The Breakup Bible takes women through Healing, Understanding, and Transformation, with new perspectives and advice from real, healed women at each step. Sussmanâ™s plan for getting over the end of a relationship is revolutionary and sound, complete with steps for creating a personalized Love Map, a vital and groundbreaking tool for moving on after a breakup. The Breakup Bible proves that it is possible to not only survive a breakup, but to emerge from one as an even stronger, empowered woman.

## Book Information

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## Customer Reviews

âœltâ™s not the Bible you swear on, but many an ex-wife may find herself swearing by The Breakup Bible.â•â "Â Chicago TribuneâœMust-read advice for those going through a breakup or divorce.â•â "Â YourTango.com"The Breakup Bible is here to get you back on your feet." --You Beauty.com"[Sussman's] book shows that itâ™s not only possible to survive a breakup, but that you can emerge even stronger and empowered.â•â --Â genConnect.com

Rachel A. Sussman, LCSW, is a licensed psychotherapist, writer, and lecturer. As the founder of Sussman Counseling, a psychotherapy practice devoted to treating couples and individuals with relationship dilemmas, Sussman has counseled patients in all phases of dating, marriage, and breakups for over a decade. Ms. Sussman lives in New York City with her husband and daughter. Visit her online at [www.rachelasussman.com](http://www.rachelasussman.com).

Purchased this book for my daughter during her separation. She advised the book was "Great & really helped her put the situation in perspective ". Based on her raving reviews, I'd definitely recommend this book for anyone needing guidance during a divorce, separation or breakup.

After the painful demise of a long relationship, I went through many booksÃ¢Â"bound and ebooks bothÃ¢Â"along with numerous websites and youtube talks. I did all the recommended things, like "no contact" and getting rid of reminders of my ex around my home. I worked hard at recovering, yet months after the breakup, I was still having a terrible time moving forward and I felt stuck in a state of despair and depression. Finally, completely by chance, I heard about "The Breakup Bible" and ordered it. It has been the greatest help ever and I cannot recommend it highly enough. Now I know why my ex and I broke up, and also why I have had such a hard time recovering from the breakup. I am still rereading parts of the book, primarily Part II, the section on Understanding, and this is the information that is changing my life. In fact, I am going to pursue more understanding of "attachment theory," as it relates to me, with a therapist versed in the theory, because it rang so true for me. I realized that every partner I have ever picked has had a version of the same issue, clear back to my first (and only) marriage. It wasn't apparent to me until now, because each version was so different (there are many, many ways to abandon someone, including things like the silent treatment, getting drunk, and actually walking out, to name a few). I don't want to repeat my lifelong selection of partners ever again, and I am grateful to have finally gotten some real and useful information, instead of all the fluff that is floating around. I found the book to be well written and easy to read, and it was also somehow comforting and gentle while presenting hard truths. I believe it will help you whether you had a breakup or a divorce, and whether you have children or not. Good luck to you!

Really glad I read this book after going through my breakup. It's like having your own mini therapy sessions. Made me feel better about myself and helped me put things into perspective. Highly recommend!

Whether you were in a relationship for a year or divorced after 20 years, you NEED this book. I am 25yrs old and recently ended a 5 year long relationship. It was a bad breakup and I felt completely lost afterward. I found this book and I am so glad I did. Reading it, I felt as though I was in therapy with Rachel. She really makes you dig deep but if you do the work and take her advice you will come out of your breakup better and stronger.

Best resource for a breakup, seriously used it after my divorce and CHANGED EVERYTHING about how I was coping and dealing.

I liked this book. Doing the work to change yourself, that will attract the right kind of relationship. Helpful tips and stories, made me feel I wasn't alone in my journey.

I'd recommend it to all the women that went or are going through a break-up. This book is really helping you to understand deep things and why it didn't work.

Very helpful, easy to understand and find relatable experiences. Highly recommend it to anyone going through a difficult separation or breakup

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