



The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today

Catherine Hickland

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A straightforward, day-by-day plan for healing heartache in one month from the star of ABC's popular daytime drama *One Life to Live*

Day 1: It's over. You're devastated, numb, angry, lost, hurt, helpless, hopeless, shaken -- meanwhile, the source of your grief has the arrogant nerve to still be alive. He's probably having himself a perfectly good day, while you feel as if you're dying inside.

Catherine Hickland knows. She's been there. More than once. She also knows that soon you will get past your pain and on to the great life that's waiting for you. Inspired by the soap diva's own trial-and-error efforts to recover from a broken heart in a healthy and productive way, *The 30-Day Heartbreak Cure* is an easy-to-follow, one-day-at-a-time plan for getting yourself over him and back on your feet. All you need to do is set a deadline -- one month from today -- for your pain to end, and let Catherine guide you through it.

Catherine's solid, empathetic advice will help you take responsibility for your recovery, repair your self-esteem, and learn from the best and the worst of what you've been through. "Look at it this way," she says, "you only have to follow these rules for thirty days. There's nothing you can't handle for thirty days, except feel like you're feeling today."

Each day brings a new reflection and a simple activity that will help you look better, feel better, and ultimately discover that you're not just as good as new thanks to this experience, you are better.

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From reader reviews:

Theresa Piercy:

Have you spare time for just a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to typically the Mall. How about open or maybe read a book eligible The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today? Maybe it is to become best activity for you. You understand beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with it is opinion or you have other opinion?

Daniel Trimble:

Information is provisions for people to get better life, information presently can get by anyone with everywhere. The information can be a know-how or any news even restricted. What people must be consider if those information which is inside former life are challenging to be find than now is taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you find the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today as your daily resource information.

Samuel Brown:

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Sandra Fritz:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both way of life and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, the particular book you have read will be The 30-Day Heartbreak Cure: Getting Over Him and Back Out There One Month from Today.

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