



Heal Your Heartbreak: How to Live and Love Again

Ph.D. Chuck Spezzano

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Based on the author's 28 years of counseling experience and 24 years of psychological research and seminar leadership, *Heal Your Heartbreak* is a book full of practical wisdom about getting over the disappointments and setbacks that come from a broken heart. Through more than 110 lessons organized into four accessible sections—on Healing Chronic Heartbreak, Things that Lead to Heartbreak, the Lessons of Heartbreak, and the Tools for Healing Heartbreak—Dr. Spezzano offers guidance to everyone who has been through the near-universal experience of heartbreak. Suggestions and exercises appear throughout, allowing readers to assess their own experience and to discover their own solutions to their situation. *Heal Your Heartbreak* shows us how to take back power over our life and heart, so that we can enjoy life and learn to love once again.

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