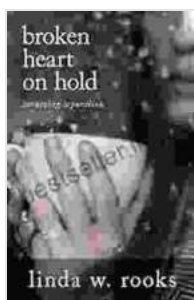


# Broken Heart on Hold: Surviving Separation

## The Ultimate Guide to Healing and Recovery

If you're struggling with the pain of separation, you're not alone. Millions of people go through this experience each year. And while it can be one of the most difficult and heartbreaking things you'll ever go through, it's important to know that you can survive and thrive.



### Broken Heart on Hold: Surviving Separation by Patricia Olsen

★★★★☆ 4.7 out of 5

Language	: English
File size	: 464 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 194 pages



'Broken Heart on Hold' is your essential guide to surviving and thriving after separation. This comprehensive book offers expert advice, practical strategies, and real-life stories to help you navigate the emotional rollercoaster of separation, heal your broken heart, and rebuild your life.

### What You'll Learn in 'Broken Heart on Hold'

- The five stages of separation and how to cope with each one
- How to deal with the pain of heartbreak

- Strategies for coping with loneliness and isolation
- How to rebuild your self-esteem and confidence
- Tips for dating and finding love again

## **Why 'Broken Heart on Hold' Is the Book You Need**

- It's written by a team of experts who have helped thousands of people through separation.
- It's based on the latest research on separation and recovery.
- It's full of practical advice and strategies that you can start using today.
- It's a compassionate and supportive guide that will help you through every step of your journey.

## **Free Download Your Copy Today**

'Broken Heart on Hold' is available now in paperback, ebook, and audiobook formats. Free Download your copy today and start your journey to healing and recovery.

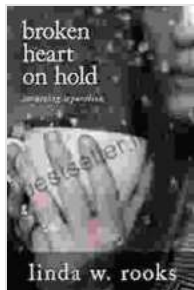
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## **Testimonials**

"'Broken Heart on Hold' is a lifesaver. I'm so grateful for the expert advice and support that this book has provided me during this difficult time." - Sarah

"I've read a lot of books on separation, but 'Broken Heart on Hold' is by far the best. It's full of practical advice and real-life stories that I can relate to." - John

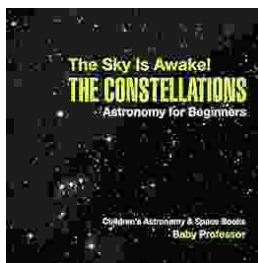
"This book has helped me to understand the process of separation and to cope with the pain of heartbreak. I highly recommend it to anyone who is going through this experience." - Mary



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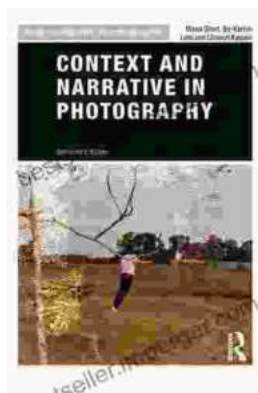
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