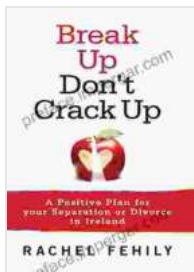


# Break Up, Don't Crack Up: The Ultimate Guide to Surviving a Breakup Without Losing Your Mind

Breakups are never easy. They can leave us feeling lost, alone, and heartbroken. But what if there was a way to get through a breakup without losing your mind? In her new book, ***Break Up, Don't Crack Up***, relationship expert and therapist Rachel Sussman provides a comprehensive and compassionate guide to help you navigate the emotional rollercoaster of a breakup, learn from the experience, and emerge stronger than ever before.



## Break up, Don't Crack up: A Positive Plan for Your Separation or Divorce in Ireland by Rachel Fehily

★★★★★ 5 out of 5

Language : English  
File size : 450 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 308 pages  
Lending : Enabled



## What You'll Learn in This Book

In ***Break Up, Don't Crack Up***, you'll learn:

- How to cope with the immediate pain of a breakup

- How to avoid making common mistakes that can prolong your suffering
- How to learn from your breakup and grow as a person
- How to move on and find love again

## Who This Book Is For

***Break Up, Don't Crack Up*** is for anyone who has ever gone through a breakup. Whether you're just starting to process the pain of a recent breakup or you're still struggling to move on from a past relationship, this book can help you.

## What Makes This Book Different

There are many books on the market that offer advice on how to get over a breakup. But ***Break Up, Don't Crack Up*** is different. This book is based on Rachel Sussman's years of experience as a relationship expert and therapist. She has helped hundreds of people through the pain of a breakup, and she knows what it takes to heal and move on.

What sets this book apart from others is its focus on:

- **Self-compassion:** Rachel believes that the most important step in healing from a breakup is to be kind to yourself. She provides exercises and meditations to help you develop self-compassion and learn to love yourself again.
- **Personal growth:** Rachel believes that breakups can be an opportunity for personal growth. She provides exercises and insights to help you learn from your breakup and become a stronger, more resilient person.

- **Moving on:** Rachel knows that the ultimate goal of getting over a breakup is to move on and find love again. She provides practical advice on how to date again, how to find the right person for you, and how to build a healthy, lasting relationship.

## **Praise for Break Up, Don't Crack Up**

"Rachel Sussman's ***Break Up, Don't Crack Up*** is a lifesaver. This book is full of practical advice and compassionate insights that will help you get through a breakup without losing your mind. I highly recommend this book to anyone who is going through a breakup or who wants to learn how to move on from a past relationship."

—**Dr. John Gottman, author of *The Seven Principles for Making Marriage Work***

"Rachel Sussman is a gifted therapist and a wise guide. Her new book, ***Break Up, Don't Crack Up***, is a compassionate and practical roadmap for getting through a breakup and healing your heart. I highly recommend this book to anyone who is struggling with the pain of a breakup."

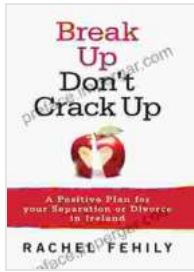
—**Esther Perel, author of *Mating in Captivity***

## **Free Download Your Copy Today**

***Break Up, Don't Crack Up*** is available now at all major bookstores. Free Download your copy today and start healing your heart. You deserve to be happy, and this book can help you get there.

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