



Ouch My Heart Is Broken: Heartbreak Survival Guide

Jesse Brisendine

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"What went wrong? Why is this happening? Things were just fine yesterday?" Sound familiar? "I feel lost. I can't eat, I can't sleep. I can barely breathe." Is this how you feel? "What am I supposed to do? How am I supposed to go on?" Want to know the answer? "Will my heart ever heal?" Yes it will, and let me tell you how. The Ouch My Heart is Broken, Heartbreak Survival Guide was written to answer the above questions as well as the many others you have right now. More importantly, it was written to help you heal and get back to living the life you want to live. Written from first hand experience by someone who has felt what you are feeling right now, the Ouch My Heart is Broken, Heartbreak Survival Guide, is a "how to" guide, a guide that will help you heal your broken heart.



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