



I'm Moving On From My Breakup: Eight Lessons from the Past that Helped Me Look Forward to the Future

Michiru Sy

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"How do I move on from a break up?"

I've heard this question a lot from women who experienced heart aches after leaving a relationship. I had to deal with the question myself after my first boyfriend broke up with me. Unfortunately, the wiki how to's did not help and advice from my friends to divert my attention to other things weren't working. I had to find my own way of figuring out how to get over him.

This book summarizes my journey of digging lessons from the past and using what I learned for my healing. After realizing that my previous relationship isn't a waste and I have a potential to be a better partner to the man who will love me next, I gained much confidence to move forward.

After reading this book, I am hoping that you will start to:

- * Embrace what you have including the people that are around to support you;
- * Seize opportunities to express affection for people you care for;
- * Pursue your dreams;
- * and love freely even if it has caused you pain in the past.

Promise yourself today that you will be excited with the new things you'll encounter. No experience is a waste. "I'm Moving On From My Breakup" should be your declaration and starting point to a better you.

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Dolores Mann:

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