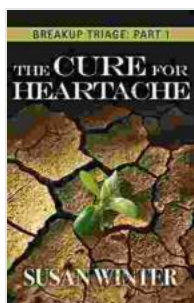


Breakup Triage: The Cure for Heartache

Have you ever wondered why breakups are so painful? Why do they leave us feeling so lost, alone, and heartbroken? In *Breakup Triage*, relationship expert Dr. Lisa Marie Bobby reveals the surprising truth about breakups and offers a groundbreaking new approach to healing.



BREAKUP TRIAGE: The Cure for Heartache by Susan Winter

★★★★☆ 4.4 out of 5

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| Language | : English |
| File size | : 359 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 27 pages |
| Paperback | : 118 pages |
| Item Weight | : 6.6 ounces |
| Dimensions | : 5 x 0.28 x 8 inches |



Dr. Bobby's research shows that breakups are not simply the end of a relationship. They are a major life event that can trigger a wide range of emotional and physical reactions. In *Breakup Triage*, she identifies the four stages of heartbreak:

1. **Denial:** This is the stage where we refuse to believe that the relationship is over. We may try to convince ourselves that our ex still loves us or that we can get them back.

2. **Anger:** This stage is characterized by feelings of anger, resentment, and bitterness. We may lash out at our ex or blame them for the breakup.
3. **Bargaining:** This stage is where we try to negotiate with our ex or make promises to them in Free Download to get them back.
4. **Depression:** This stage is marked by feelings of sadness, loneliness, and hopelessness. We may feel like we will never be happy again.

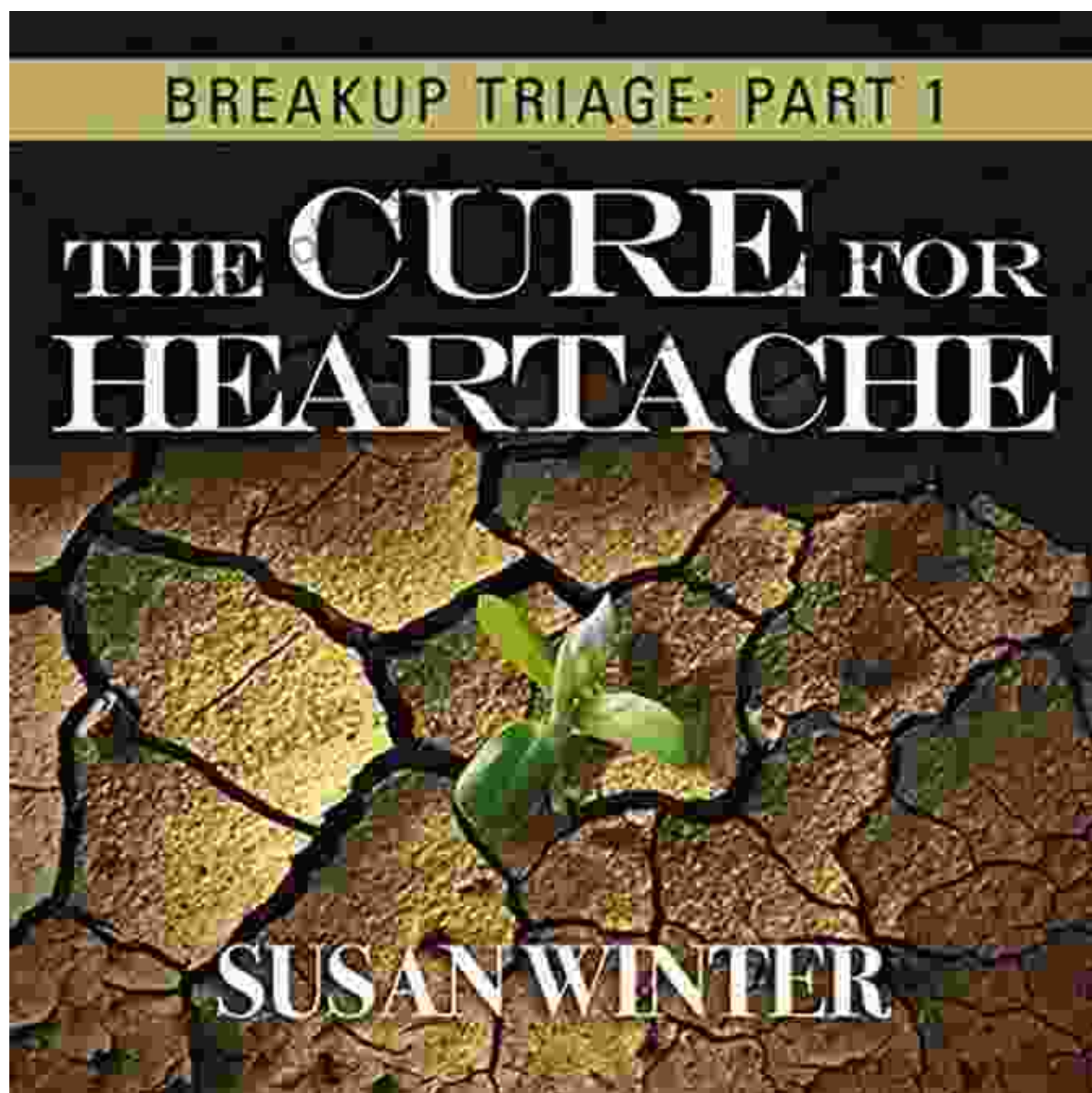
Dr. Bobby emphasizes that it is important to allow ourselves to experience all of the stages of heartbreak. Trying to skip or suppress any of them will only make the healing process longer and more difficult. She also offers a number of practical tips for coping with heartbreak, including:

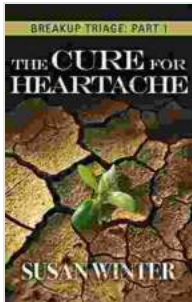
- Allow yourself to grieve. Don't try to bottle up your emotions or pretend that you're over your ex.
- Talk to someone you trust about what you're going through. This could be a friend, family member, therapist, or anyone else who you feel comfortable talking to.
- Take care of yourself. Eat healthy, get enough sleep, and exercise regularly. These things will help you to feel better both physically and emotionally.
- Don't compare yourself to your ex. Everyone is different and everyone heals at their own pace.
- Don't give up on love. Just because one relationship didn't work out doesn't mean that you'll never find love again.

Breakup Triage is an essential read for anyone who has ever experienced heartbreak. Dr. Bobby's insights and practical tips will help you to understand the healing process and move on with your life.

Free Download Your Copy Today!

Breakup Triage is available now at all major bookstores and online retailers.





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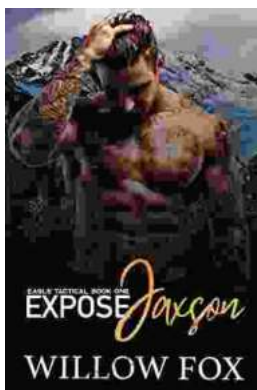
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