



# **The Breakup Bible: The Smart Woman's Guide to Healing from a Breakup or Divorce**

*Rachel Sussman*

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# The Breakup Bible: The Smart Woman's Guide to Healing from a Breakup or Divorce

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Breakups are an unfortunate but inevitable part of every woman's life, and there's no denying that the heartache experienced after the ending of a serious relationship can be excruciating. But it doesn't have to feel insurmountable, and there is always hope to be found.

In *The Breakup Bible*, psychotherapist and breakup expert Rachel Sussman reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions she's conducted with women at all stages of recovery, Sussman developed a proven 3-phase process for healing from a breakup. *The Breakup Bible* takes women through Healing, Understanding, and Transformation, with new perspectives and advice from real, healed women at each step. Sussman's plan for getting over the end of a relationship is revolutionary and sound, complete with steps for creating a personalized Love Map, a vital and groundbreaking tool for moving on after a breakup.

*The Breakup Bible* proves that it is possible to not only survive a breakup, but to emerge from one as an even stronger, empowered woman.

*From the Trade Paperback edition.*

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