



The Break-Up Journal

Amy Morgan MSC

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Breaking up can be a devastating and painful experience. The Break-Up Journal is designed to walk you through the first 42 days after a break-up, guiding your journaling experience every day with questions to help you change your thinking toward the positive. With 21 days to break the habit of being with "Not the One," and then 21 more days to create new, positive habits toward developing and loving yourself, and being a fulfilled, happy person, this journal may be just what you need to get you over the hardest part of your broken heart.

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