

THE UNFORGETTABLE HINTON SERIES

Adrianne Byrd Unbreak My Hear

Khalilah Smith

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Unbreak my heart Amanda, 1999 **Unbreak my heart** Rosie C. Espina, 1999 Unbreak My Heart Khalilah Smith, 2025-07-20 Unbreak My Heart is a raw and honest guide to healing after heartbreak The book offers tools to move forward with grace Unbreak My Heart Susan Zeppieri, 2021-08-03 Book Description Where does heartbreak come from Is it something that we evolved with Do we really need it in the first place In My Unbreak My Heart a guide for those who have experienced or are currently experiencing heartbreak you will embark on a journey that will take you through the possible origins of heartbreak and how it has become a mainstay within your culture Moreover My Unbreak My Heart seeks not to try to rationalize heartbreak but to look deeper behind the curtain of childhood trauma emotional baggage and age old patterns that have kept you stuck making the same types of relationship choices Packed with practical exercises My Unbreak My Heart also details the science of heartbreak and how scientists are beginning to comprehend the internal workings of the heart brain connection in order to grasp this relationship and its effects on people in everyday life My Unbreak My Heart is not a how to guide but a must do guide that sets the scene for taking personal responsibility for your heartbreak and evaluating how you got to where you currently stand and all the choices you made that enabled this Read this book with the intention of developing an inner voice that can direct you towards healthier relationships and experiences with a thorough recognition of your own internal conflicts which when finishing this book will have you wondering why you ever set foot in toxic relationships in the first place

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