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You can go from
grief to peace.

Endings are also
beginnings. I
encourage you to
use the affirmations

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throughout You Can
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Heal Your Heart,
After A Breakup
while working
Divorce Or
through a loss and
Death
also in every aspect
of your life. Pay
attention to your
thinking, and
change it in areas
where you cannot
find peace.

Louise Hay & David
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Heart will also

foster awareness

and compassion,

providing you with

the courage to face

many other types of

losses and

challenges, such as

saying goodbye to a

beloved pet, losing

your job, coming to

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foster awareness
and compassion,
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the courage to face

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conversation on
healing after loss.
Louise and David
discuss the
emotions and
thoughts that occur
when a relationship
leaves you
brokenhearted, a
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one dies.

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egg whites, and
you'll ...
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cardiac
rehabilitation is an
important part of
your recovery.

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and transformation

and David's many

years of working

with those in grief,

this empowering

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book will inspire an

extraordinary new

way of thinking,

bringing hope and

fresh insights into

your life and even

your current and

future relationships.

You will not only

learn how to help

heal your grief, but

you will also

discover that, yes,

you can heal your

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can change the
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vitamins can help
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single cell in the
heart and can
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Louise Hay and

renowned grief and

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Kessler, the

protégé of

Elisabeth Kubler-

Ross, have come

together to start a

conversation on

healing grief. This

remarkable book

discusses the

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emotions that occur
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download discusses
the emotions that
occur when a
relationship leaves
you brokenhearted,
a marriage ends in
divorce, or a loved
one dies.

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HEART Self-Help

From Grief to Peace

When we think of

loss, the idea of fi

nding meaning or

anything bene fi cial

from it seems

contradictory. But

wheth-er it ' s a

breakup, divorce, or

even death, there is

more to be found,

depending on how

you hold the

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thoughts around it.

Our intention is for you to expand your awareness and

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