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The Official Teen Survival Guide For Getting Over A Breakup: 22 Steps You Can Take Right Now To Begin Healing



Synopsis

You really thought it was going to last forever, but it's over. It doesn't even matter at this point who initiated the breakup, the fact is it's killing you and you're pretty certain you won't recover. So what are you supposed to do now? As hard as is to believe, you will get past the pain. While there isn't a one-size-fits-all method, there are a lot of innovative thoughts and actions you can take to adapt to what has happened and live comfortably with its memory. The official teen survival guide for getting over a breakup. Bestselling author Emilee Day, is a therapist who counsels teens and their families, addressing a wide range of emotional and social issues to help them overcome incredible obstacles. And at this moment, she's here for you. Her guide includes 22 steps you can take right now to begin recovering after a breakup, including:

- How to learn to be kind to yourself
- Dealing with the one who broke your heart
- Dos and Don'ts
- Begin to rebuild a future for yourself
- The three foundations of a renewed and happy life
- And more

The author candidly shares the emotionally-charged and intimate details of her first love and the subsequent breakup. Readers not only glimpse her personal recovery, but will be well on the way to their own after reading her journey. The process of rebuilding after a bad fall is rough at times, but you emerge stronger, more spirited and ready for life again. You know now that no matter how bad it gets, you can survive. This is valuable knowledge, and it all begins here.

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Customer Reviews

Hello, my name is Emilee Day and I was born and raised in New York City and now live in sunny San Diego, California! I have the pleasure of working as a therapist with teens and their families counseling to address a wide range of emotional and social issues. My experience as a therapist

and interest in educating teens and parents on developmental and emotional issues has inspired me to become an author. My hope is that I can provide some insight and knowledge to those in need based on my valuable experience and educational background. In my free time I participate in yoga, volunteer at a local animal shelter, travel, play the piano and compete in marathons. I also have an affinity for vintage dresses and puzzles.

I have a teen daughter so I purchased this book for her future! I remember my 1st love & ultimate heartbreak and want some helpful nuggets ready for whenever the time comes for her. But really I was curious to read what Emilee had to say to this age group about dealing with a first love ending. It's very easy to understand and to read quickly. Her words of wisdom are spot on! This is THEE perfect book to help a teen/young adult move forward in a positive direction following a broken heart. I highly recommend! (I bought the paperback version and just want to mention there were multiple words misspelled and prepositions omitted, which I have never noticed in a book before. But no biggy. However, the last 3 pages are blank, with one of them being all blackened! After the blank pages there are 4 sentences. It seems as if the entire conclusion to the book went missing. Not sure what happened there?)

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