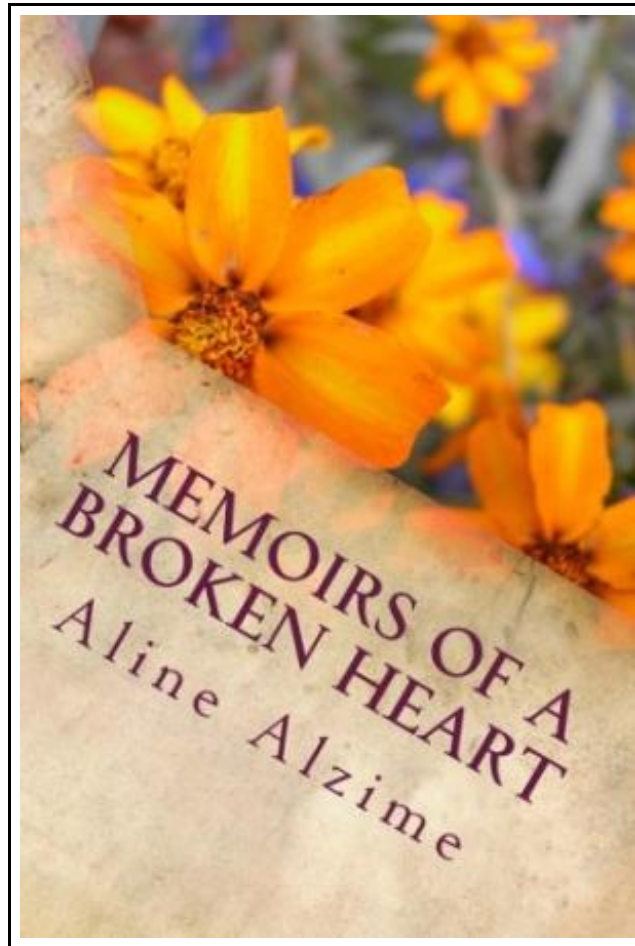


Memoirs of a Broken Heart



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(Prof. Dario Lang)

MEMOIRS OF A BROKEN HEART



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Ever felt crushed by love Almost lose yourself because of love Ever wonder how you would find you again I almost did not feel a thing for a while. I had trouble sleeping and all I could think about was the love I lost. I found myself in a place I did not recognize. I called it rock bottom. Moving on is so damn hard. I struggled with my racing thoughts and emotions. Being so hurt but still so in love. How do you end something that is not over in your heart How do you rebuild you again Start with being completely honest about yourself with yourself. Remain honest about your experience with love. Do not sugar coat your feelings or where love has taken you. Heartbreak allows time for reflection. I fell in love deeply and it ended with me hurting even deeper. I have learned to be completely honest with my feelings. Too many of us hide or pretend we are ok mainly because of pride. If you have ever lost a real love then you may have felt real pain. If you are feeling this way there is a good chance you were a person that remained true and did the best you could in a relationship and you feel lost. How did I pick up the pieces Writing. Writing helped me heal myself. I organized my emotions by writing them all out. Releasing them always provided peace. Being honest about myself and about the relationship slowly made me whole again. Words can change things. The words you think, the words you speak, the words you write, the words you live by. This memoir...



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