



# Thrive Anyway: You Can Heal Your Broken Heart

*Julie Anna Bishop*

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## **Thrive Anyway: You Can Heal Your Broken Heart** Julie Anna Bishop

Learn To Use Your Heartache from Your Divorce or Bad Breakup To Be A Kick-Ass Catalyst For A New Extraordinary Stress Free Life “A must read if you want to go from surviving to thriving!”- Kelley Kosow, The Ford Institute Thrive Anyway is an empowering, simple guide that will help you through the roller coaster of emotions that naturally occur during divorce or a major relationship breakup. While you may be in a great deal of pain and struggling to believe that you can live without your former partner, the truth is NOW is the best time to recreate your life on your terms. Are you still recovering from a bad breakup or a divorce? Wouldn't you like to know the dos and don'ts of going through a bad relationship breakup or divorce? Are you ready to heal your broken heart from your divorce, grieve your dysfunctional relationship and move on to a happier healthy you? “Thrive Anyway, provides easily accessible and effective ways to move through the huge transitions and heartbreak of life's major challenges in a way that builds confidence and allows people to access their own deeper resources. A must read for anyone moving through the traumas of divorce.” - Mary Campbell, Educator, Counselor, Minister and Certified Exceptional Marriage Mentor When you download Thrive Anyway: Discover How To Heal Your Broken Heart from Divorce, Bad Breakup: Recover from the 9 Stages of Grief, Manage Stress & Anxiety, and Create Healthy Relationships for a Happier Healthier YOU!, you will discover everything you need to know about going through a divorce and how to recover! The gems in this book will help you: + Learn optimal stress management techniques so the stress isn't managing you -you CAN have the energy, focus and desire needed to move forward. + Recognize and understand how to navigate the stages of grief and loss -you CAN be in control of your life and make choices that empower you and create better family relationships + Tame negative, fault-finding, and people-pleasing mindsets that contribute to unhealthy partnerships. You CAN make a strong foundation to build confidence and future relationships + Thrive Anyway fills in the gap left by marriage law. You CAN use this book to clarify what you need emotionally, mentally and physically that is not provided by divorce and separation family law firms + Transform your “Inner Critic” and embrace your fears. You CAN break through old relationship and belief patterns and heal family conflict resolutions + Use deep breathing, meditation, and visualization to relax, let go, and create new possibilities. You CAN find clarity and peace of mind amidst chaos + Set healthy boundaries with your former partner and everyone else in your life + You CAN create and enjoy healthy, positive stress free family relationships + Identify core values for your self, family health and healthy partners. + You CAN experience a deep love of self and a meaningful love connection to others You can do this, I believe in you! The end of this relationship just maybe the best thing that has happened to you. You can create healthy relationships for a happier healthier you. “An invaluable recovery guide for a broken heart! Thrive Anyway is the perfect book for anyone who has or is experiencing a painful loss, particularly divorce... A clear cut map through heartbreak ... Innovative techniques and strategies for dealing with the harmful effects of stress.”- Lynne Glazer, Divorce Mediator Prepare to reclaim your life, heal your broken heart, and create a stress free life by placing your energy and focus on yourself, and THRIVE ANYWAY! Buy Your Copy and Start THRIVING TODAY! Learn more about Julie Anna Bishop: visit => <http://JulieAnnaBishop.com>

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#### **Lena Drew:**

The book untitled Thrive Anyway: You Can Heal Your Broken Heart contain a lot of information on the idea. The writer explains the woman idea with easy technique. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was published by famous author. The author will take you in the new age of literary works. It is possible to read this book because you can read on your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice read.

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