

# How to Turn a Breakup into a Breakthrough

*author: Lesley Nurse*

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## Synopsis

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author	Lesley Nurse
readBy	Lesley D. Nurse
inLanguage	english

How to Turn a Breakup Into a Breakthrough: And Move On Like a Boss (Vitamins for Your Soul)

Are you still replaying the breakup in your head? Checking their socials, holding onto their friends, or secretly hoping they'll circle back? Heartbreak can keep you stuck in invisible chains long after the relationship ends. But it doesn't have to. This audiobook isn't recycled "you'll be okay" advice. With raw honesty and lived experience, author Lesley D. Nurse exposes the hidden ways heartbreak lingers and gives you the tools to finally cut the cords, reclaim your confidence, and boldly move into your next chapter.

Inside you'll discover:

- How to stop chasing closure and create it for yourself
- What to do when you can't stop checking their socials or revisiting the past
- How to detach with compassion, not shame, so you can move forward guilt-free
- How to turn heartbreak into fuel for confidence, clarity, and freedom
- How to thrive without apology, permission, or waiting for someone else to set you free

Whether your breakup was yesterday or years ago, this audiobook will call you out with love and lead you back into your boss era. Don't just "get over it." Break through it. Move on like a boss.

## Reader's comments

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