

Who Am I Without You?

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Synopsis

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If a breakup or divorce has drained your confidence and shattered your self-esteem, this book is for you. Written by a clinical psychologist and expert in women's health, *Who Am I Without You?* will help you work through your heartache, rediscover your self-worth, and learn to live and love again.

A breakup can send you into a tailspin, causing an identity crisis and loss of self-worth. So how do you get back to the person you once were? *Who Am I Without You?* will teach you powerful skills based in cognitive behavioral therapy (CBT), positive psychology, and mindfulness that will help you tackle the difficult emotions that can surface after a breakup, such as grief, loss, anger, fear, worry, and low self-esteem.

Comprised of 52 small chapters, the tools and exercises in this book are easy to apply and will help you pick up the pieces of your broken identity, put them back together, shine yourself up, and get back out into the world whole again and better than ever.

Anyone who's been through a breakup or divorce knows just how painful it can be. And nowhere does a breakup or divorce hit harder than our identity and sense of self-worth. If you're ready to move past the pain of the end of your relationship and reclaim your confidence, this book will show you how.

Reader's comments

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