



# Healing a Broken Heart

*A Guided Journal Through the  
Four Seasons of Relationship Recovery*

Sarah La Saulle, Ph.D.,  
and Sharon Kagan, M.F.A., M.A.

# Healing A Broken Heart A Guided Journal Through The Four Seasons Of Relationship Recovery

**StoryBuddiesPlay**



## **Healing A Broken Heart A Guided Journal Through The Four Seasons Of Relationship Recovery:**

*Healing A Broken Heart* Sarah La Saulle, Sharon Kagan, 2010-05-11 The loss of a love is a nearly universal emotional crisis whether the end is divorce desertion or a mutually agreed upon separation At first friends and family are there to offer a shoulder to cry on but after a few months there s an expectation that we just need to get over the crisis and move on Thus unprocessed painful feelings are buried leaving us numb Or we repeat damaging relationship patterns over and over again The situation doesn t have to be like that *Healing a Broken Heart* guides those of us grieving for a lost love through four metaphorical seasons of recovery with provocative questions and journal pages on which to respond to help move us forward The four seasons serve as powerful metaphors for the stages of the grieving process Summer is the season for charting the course of a relationship remembering hopes and expectations the warning signs that went unheeded During autumn journalers accept the reality of breaking up and acknowledge things about the relationship that didn t serve their needs Winter brings the pain of grief over the profound loss Finally spring and with it renewal invites readers to examine and understand how their family history may have affected their past relationships Punctuated throughout with poems and moving meditations the thoughtful interactive approach of this book offers the time and space we all need to heal when our hearts are broken Cincinnati Magazine ,2001-08 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region The Healer's Heart StoryBuddiesPlay,2024-12-26 When love shatters your world finding a path to healing seems impossible The Healer s Heart offers a compassionate innovative approach to recovering from relationship loss Using the powerful metaphor of four seasons this interactive guided journal provides a deeply personal roadmap through grief helping you transform pain into profound personal growth Journey through summer s reflection autumn s acceptance winter s grief and spring s renewal With thought provoking questions moving meditations and space for intimate journaling this book becomes your companion in healing guiding you towards understanding acceptance and ultimately hope relationship recovery heartbreak healing emotional journal grief processing love loss recovery self help guide relationship therapy personal growth emotional healing breakup recovery *Heal Your Broken Heart* Michael Kane,2012-11 Based on the highly successful Los Angeles workshop by the same name *Heal Your Broken Heart* is an easy to follow process that gently guides us through understanding releasing and ultimately healing our heartbreak from a lost romantic relationship The book is filled with extraordinary tools and superb guidance we can all use In his direct easy tone Michael Kane teaches us how to heal from both our past and present heart wounding as we also learn to identify our relationship patterns The result gives us a renewed connection to ourselves a refreshed sense of self confidence and personal awareness and a healthy approach to our future relationships *Heal Your Broken Heart* is also a primer on love clarifying what love is and inspiring us to love and nurture ourselves as we mend from our heartache This is a book for both women and men that teaches us how to process through our pain and fully recover from

it     How to Heal a Broken Heart in 30 Days Howard Bronson, Mike Riley, 2002-05-14 It's over. Now what? Suffering from a broken heart. Afraid you'll never get over this feeling of emptiness and loss. You can, and with the help of this easy-to-follow program of action, you will. Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that's just ended while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out how and why to cry 'til dry. Good ways to beat loneliness. Why it pays to forgive your ex. How to let go of old memories and resentments. How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again, and you'll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

**Picking Up The Pieces** Dinah S. Temple, 2004-09-01 Picking Up The Pieces: A Guide to Recovery from Betrayal and a Broken Heart. S. Temple discovered how to heal her own shattered heart after the breakup of her second marriage. Picking Up The Pieces was written to guide others through the painful process of recovery from betrayal and a broken heart: heal a broken heart, regain self-esteem and spirit, as well as how to begin living again. It also covers developing new relationships, dating, and managing finances and stress. The book ends with a myriad of inspirational quotes. While offering real comfort and solutions with compassion, this book delivers a payoff with every page: their self-esteem and start again with confidence and hope. Readers will learn how to survive the tragic loss of love, journey through the tunnel of pain, and come out on the other side triumphant, strong, still sane, secure, and ready to love again.

The Wisdom of a Broken Heart Susan Piver, 2009-12-29 The New York Times bestselling author of The Hard Questions presents an ideal guide for anyone suffering from a broken heart. Tara Branch, author of Radical Acceptance, complete with a practical and compassionate guide for emerging bolder and happier. When a relationship ends, the anguish and disappointment can be devastating. A broken heart is genuinely traumatic. Typical recommendations to keep busy, move on, repair your hidden flaws, and then forget about it may not be helpful. In these pages, Susan Piver reveals that heartbreak actually creates an opportunity for genuine emotional and spiritual transformation, enabling you to emerge on the other side stronger, softer, and capable of loving with renewed confidence. In the years following her own experience, relationship writer Susan Piver searched the world's wisdom traditions and discovered that heartbreak can be an uncompromising teacher of authenticity, power, and even joy. She shares that wisdom here with instantaneously recognizable anecdotes, insights on the spot, practices, exercises, meditations, and down-to-earth advice that make The Wisdom of a Broken Heart a steadying prescription of solace and encouragement, wisdom, and humor during the hardest time of your life. Like an infinitely patient, trusted friend, Piver tells

you in a thousand different ways the most important thing to remember and the easiest to forget You re going to be okay

**Recipes for Recovery** Leza M. Messiah Ph. D.,Leza M. Messiah,2007-02-01 I realized after recovering from my last relationship I was utilizing methods learned from previous break ups and personal losses I was amazed how this facilitated my grief recovery Conflict seemed to resolve immediately Eureka I ve actually learned from my past experiences I hope the things that I ve discovered will help you through your own grief process with quick results Whatever the relationship may have been getting through it and beyond it is key I hope the techniques that have worked for me will work for you Grief and pain are very individual There is no right way or wrong way to go through this process and this book Some ideas may work some may not and you may discover new ideas for yourself I just want you to be OK and open for all the positive things in your life Leza Write Him Off Elizabeth N. Doyd,2015-03-06 How to Get Over a Broken Heart Try Journaling It s an Effective Proven Method of Releasing Pain on Paper When it s down on the page you can examine your emotions with more rationality A journal is a safe place to express your honest thoughts and emotions without the risk of judgment from others As you follow these writing prompts you ll find that inner part of your soul emerging to guide you and give you the answers you didn t think you had You ll begin to understand why your relationship didn t work out as well as uncover some of the insecurities and blockages to your happiness and how to find the gifts and lesson in your current state of pain and recovery Coping with a breakup or divorce is a challenging time and everyone heals at their own pace This book gives you 30 journal prompts to get to the heart of the matter and help you speed up the recovery process Each one begins with an inspirational quote from great men and women of the past and present You can do the journal prompts consecutively or you can pace them by taking breaks between the days if you find the work to be emotionally heavy A relationship consists of two people which is why this book is divided into two sections 15 prompts about your ex and 15 that focuses on you By doing this work you ll be taking the steps to Let go of your ex Uncover what made you incompatible Why you were attracted to him in the first place Analyze your true beliefs about love How to be more positive in love and in life Find out what REALLY makes you happy in a romantic relationship How to take care of yourself and fulfill your own happiness and be less needy How to create a healthy inter dependent relationship the next time around Whether it s letting go of a first love or healing from a nasty divorce letting go of an ex is the first step in attracting your TRUE soulmate into your life Buy the book and get started with this work today

Breakup Journal | Heal After Heartbreak | Heart Wounds Lovely Press,2021-03-17 90 Days to Heal Your Broken Heart This is a journal a guide for those of you who are freshly broken hearted you are in pain it s intense at times it feels unbearable and you don t know what to do with yourself Start here start with this book Focus on what you can do for you exercise hydrate connect with good friends and write and over time your heart will heal Daily self care prompts Daily gratitude Daily journaling space Exercise community connection and spirituality Extra writing space in the back Excellent addition to a breakup gift basket Makes a great breakup gift Send the gift of calm and self care Scroll up and buy this

breakup journal today      **Reclaim Love** Giordana Silverberg,2019-05-03 In the face of a breakup or loss the idea of finding meaning and moving on seems impossible While we cannot stop the loss from occurring we can change our thoughts around it These difficult events can remind us that relationships are lessons and true gifts A broken heart is an open heart and endings are also beginnings Reclaim Love aims to empower an extraordinary new way of thinking about broken hearts and inspire you to seek out another chance at love Author Giordana Silverberg writes from her own experiences of losing her partner to cancer and later finding new love She presents tools that can help transform your grief to love by uncovering and releasing any fears limiting beliefs and unhealthy patterns that block you from finding and having the love you truly desire The guidance offered here can comfort you on your journey to healing acceptance and closure from the past allowing to manifest the future and love you deserve This self help guide explores the emotions that result from the loss of a loved one or relationship and helps those suffering to move from grief to love      **Breakup Journal | Heal After Heartbreak | Avocado Love** Lovely Press,2021-03-17 90 Days to Heal Your Broken Heart This is a journal a guide for those of you who are freshly broken hearted you are in pain it s intense at times it feels unbearable and you don t know what to do with yourself Start here start with this book Focus on what you can do for you exercise hydrate connect with good friends and write and over time your heart will heal Daily self care prompts Daily gratitude Daily journaling space Exercise community connection and spirituality Extra writing space in the back Excellent addition to a breakup gift basket Makes a great breakup gift Send the gift of calm and self care Scroll up and buy this breakup journal today      **Superhero of Love** Bridget Fonger,2019 Practical methods to heal a broken heart and to break old patterns while offering a path for transformation and possibility These teachings go beyond healing toward the ultimate possibility of making everything including love work better      [Breakup Journal | Heal After Heartbreak | Original](#) Lovely Press,2021-03-18 90 Days to Heal Your Broken Heart This is a journal a guide for those of you who are freshly broken hearted you are in pain it s intense at times it feels unbearable and you don t know what to do with yourself Start here start with this book Focus on what you can do for you exercise hydrate connect with good friends and write and over time your heart will heal Daily self care prompts Daily gratitude Daily journaling space Exercise community connection and spirituality Extra writing space in the back Excellent addition to a breakup gift basket Makes a great breakup gift Send the gift of calm and self care Scroll up and buy this breakup journal today      *Relationship Breakup Journal Prompts to Heal Your Broken Heart Getting Over a BreakUp* H. B. Journal CG,2020-02-14 A blank journal notebook to help you or your loved one start your new amazing life Sure to put a smile on your their face as you plan your new life FEATURES Beautiful inspirational quotes Guided journal prompts to promote deep thinking Dot grid pages for notes or sketches In the end of this book you will also find ideas for self care and positive affirmations to help you on your journey to greatness Your past does not define your future This journal should help you to become mindful of your emotions and expand your self awareness Shift your mindset and defeat your fears What will you do to improve your future and be the best

version of yourself FEATURES 6 x 9 Letter Size Premium Matte Soft Cover Perfect Paperback Binding     How to Heal from a Broken Heart Gods Way Kari Johnson,2018-06-30 Everyone at some point in life encounter some form of heartbreak It may come from a relationship a divorce death of a loved one or even a failed business We often don t know how to deal with the pain and as a result we can be overcome by it When we put our hearts in God s hands and depend on him for our healing we can overcome the heartache and learn how to never hurt so badly again     *Breakup Journal | Heal After Heartbreak | Pattern* Lovely Press,2021-03-17 90 Days to Heal Your Broken Heart This is a journal a guide for those of you who are freshly broken hearted you are in pain it s intense at times it feels unbearable and you don t know what to do with yourself Start here start with this book Focus on what you can do for you exercise hydrate connect with good friends and write and over time your heart will heal Daily self care prompts Daily gratitude Daily journaling space Exercise community connection and spirituality Extra writing space in the back Excellent addition to a breakup gift basket Makes a great breakup gift Send the gift of calm and self care Scroll up and buy this breakup journal today     **Heal Your Heartbreak** Charles Spezzano,2001 Based on the author s 28 years of counseling experience and 24 years of psychological research and seminar leadership Heal Your Heartbreak is a book full of practical wisdom about getting over the disappointments and setbacks that come from a broken heart Through more than 110 lessons organized into four accessible sections on Healing Chronic Heartbreak Things that Lead to Heartbreak the Lessons of Heartbreak and the Tools for Healing Heartbreak Dr Spezzano offers guidance to everyone who has been through the near universal experience of heartbreak Suggestions and exercises appear throughout allowing readers to assess their own experience and to discover their own solutions to their situation Heal Your Heartbreak shows us how to take back power over our life and heart so that we can enjoy life and learn to love once again     *Healing a Broken Heart* Nancy J. Carroll,1994-10     **How to Heal Your Broken Heart** Susie Collins,Otto Collins,2006-02 How to Heal Your Broken Heart by Relationship Coaches Susie and Otto Collins is for anyone who s ever gone through a relationship breakup or divorce Inside this book are the time tested secrets for stopping your pain letting go of the past and healing your heart after a relationship breakup or divorce Through an easy to read question and answer format this book answers the most important and urgent questions on the mind of someone who wants to know how to best deal with the issues surrounding a breakup and how to move on with as much ease and grace as possible

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