



Girlosophy: The Breakup Survival Kit (Girlosophy series)

Anthea Paul

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Putting a positive spin on the pain of breakups, this latest addition to the Girlosophy series offers comfort and practical advice to guide young women through the end of a relationship. This beautifully designed book is divided into sections that cover healing for the mind, body, and spirit and helping the brokenhearted to change their physical, mental, and spiritual gears and set their lives back on track. Meditations, affirmations, and an overview of the chakras are included to provide a holistic approach to recovery. Also offered is a 30-day breakup recovery program, providing the lowdown on how to look after oneself, deal with emotions, clear one's head, rediscover a spiritual path, find forgiveness, embrace the future, and love again. In a convenient pocket-size format, this is sound and soothing advice to keep and carry close to the heart.

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