



How to Fix a Broken Heart (Hardback)

By Guy Winch

Simon Schuster Ltd, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. HOW TO FIX A BROKEN HEART PROVIDES THE VALIDATION, COMFORT AND HOPE ANYONE WHO IS HEARTBROKEN DESPERATELY NEEDS. ESTHER PEREL, BESTSELLING AUTHOR OF THE STATE OF AFFAIRS AND MATING IN CAPTIVITY Every one of us has or will have our heart broken at some point in our lives. Heartbreak, whether it comes in the form of romantic love or through loss, is universal, yet we know so little about how to deal with it. Psychologist Dr Guy Winch imagines how different our lives and our society would be if we paid more attention to this unique emotional pain. Heartbreak can last for days, weeks, months and even years. Yet while we wouldn't expect someone to go to work or function well with a broken limb, heartbroken people are expected to function in their lives, despite the emotional pain they feel. How to Fix a Broken Heart argues that if we don't understand how heartbreak works, we won't be able to heal it and we are likely to make it worse, which we do, and regularly. Dr Winch reveals how and why heartbreak...



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-- Lyda Davis II

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