

My Personal Handbook: My Break-Up Book (Paperback)



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Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

(Mr. Sigrid Swaniawski PhD)

MY PERSONAL HANDBOOK: MY BREAK-UP BOOK (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Break-Up Book is designed to help you to examine and have closure about the ending of a partnership. It will prompt you to look at both your role and theirs in the relationship challenges. These activities are developed to help you identify the relationship skills you need to enrich and the red flags you want to avoid in future partnerships. My Personal Handbook is a foundation workbook designed to help you outline and establish a clear and concise foundation of who you are, your values, and what gives you meaning. This foundation will help you to establish boundaries in relationships, set life goals and provide you with a place to start from any time you feel lost in life.



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