



# How To Get Over Your Ex: Get Over A Breakup And Mend A Broken Heart

*Daytona Watterson*

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**The majority of books on how to get over your ex show you gimmicks on how to forget about them or how to try and make them jealous. Here's a book that shows you from personal experience how to get over your ex and start to heal that broken heart.**

In her book, *How to Get Over Your Ex*, Daytona Watterson—authority on relationship advice—shows you step by step techniques you can easily implement on how to come to grips with the fact the relationship is over and how to gain the strength to move on. Daytona teaches you how to take some time to grieve over the relationship, and then to begin working on building up the courage to get back control of your life. Getting over an ex is a difficult thing to do, and once you have decided to move on you really need someone to help who has been there before to offer helpful advice.

~ I've had my share of relationships end that left me paralyzed in pain. I remember lying in bed for weeks crying myself to sleep thinking that the pain was going to end eventually when my ex came to his senses. I know that during that time I also hurt a lot of people close to me because not only did I not want their help, I may have treated them harshly for not understanding what I was going through. I know how that pain can cause you to do things that are completely out of your element, and I know you will look back in time and wonder how exactly you made it through those times. I have experienced this pain more than once, and my journey can offer you a unique perspective that can help to gain back control of your life. Daytona ~

## **Here Is A Preview Of What You'll Learn...**

- Is the relationship really over?
- Time to grieve over your breakup
- What if you have children with your ex?
- How to mend a broken heart
- Picking up the pieces after the relationship is over
- Time to move on and get over a breakup
- The beginning of a new relationship
- Much, much more!

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