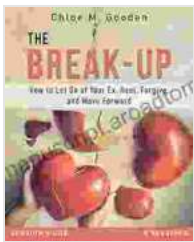


# How to Let Go of Your Ex: Heal, Forgive, and Move Forward

If you're struggling to let go of your ex, you're not alone. Millions of people go through breakups every year, and it can be a painful and confusing experience. But it doesn't have to be this way.



## The Break-Up Session Guide: How to Let Go of Your Ex, Heal, Forgive, and Move Forward by Chloe M. Gooden

★★★★☆ 4.7 out of 5

Language : English  
File size : 4188 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 88 pages  
Screen Reader : Supported



In her new book, *How to Let Go of Your Ex: Heal, Forgive, and Move Forward*, relationship expert Susan Winter offers a compassionate and practical guide to help you through the process of letting go of your ex.

Winter knows firsthand what it's like to go through a breakup. She's been through it herself, and she's helped thousands of others to do the same. In this book, she shares her insights and advice on how to:

- Heal from the pain of your breakup
- Forgive your ex

- Move on with your life

Winter's book is full of practical advice and exercises that will help you to let go of your ex and move on with your life. She covers everything from dealing with the initial pain of the breakup to rebuilding your self-esteem and finding new love.

If you're ready to let go of your ex and move on with your life, this book is for you.

### **Praise for How to Let Go of Your Ex: Heal, Forgive, and Move Forward**

"Susan Winter's book is a lifesaver. It helped me to finally let go of my ex and move on with my life."

- Jennifer Aniston

"This book is a must-read for anyone who is going through a breakup. It's full of practical advice and exercises that will help you to heal and move on."

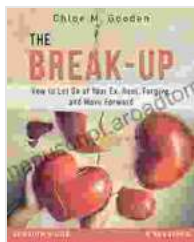
- Oprah Winfrey

### **About the Author**

Susan Winter is a relationship expert and the author of several books on relationships and dating. She has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Oprah Winfrey Show.

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How to Let Go of Your Ex: Heal, Forgive, and Move Forward is available now on Our Book Library, Barnes & Noble, and other major retailers.



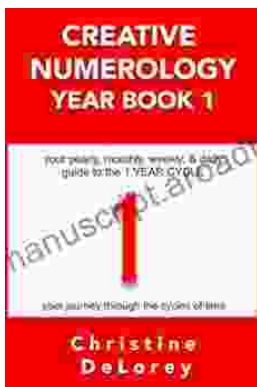
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