

## 1: The Ultimate Break Up Survival Guide: 50+ Breakup Resources

*Extreme Breakup Recovery, is not just a book, it is a Workshop-in-a-Book(R). This is the ultimate healing tool. In this book a new concept brought by author Jeanette Castelli is presented. The concept of a Workshop-in-a-Book(R) helps readers work through the process of healing after a breakup in the easiest and mo.*

Extreme Breakup Recovery If you are going through the emotional rollercoaster of a breakup, feeling pain, anger and depression, know this: Life is change; people come and go in your life, and that is okay. As you grow, new people will come and some may leave. It is all for your own good. The tendency to cling to the old and avoid change is a common human trait. Unfortunately, it is also a self-defeating and self-destructive habit, and completely unnecessary. I have seen too much suffering and pain from breakups. Friends, family members, clients and acquaintances have gone through long periods of pain before getting over their exes. It took them a long time before healing their hearts and opening for love again. From the outside, it was obvious that their exes were not the right people for them in the first place, or that their relationship had become stagnant and even sour. Finally the breakup occurred, followed by a long period of pain, suffering and ultimately a slow healing. A long, painful recovery can create long lasting negative consequences in life, such as loss of a job, poor school performance, depression, weight problems, and many more. Years later, after the breakup, I found them happier than ever, with a loved one. That new person seemed to be almost a perfect match. Looking back into their lives, they realized that unless they went through that breakup, finding their true love would not have happened. Why did they have to go through years or months of suffering? Why did they waste so much precious time of their lives? After a breakup, everybody has two choices. One, leave the healing to time. Two, take charge of the recovery process. The first method will take a long time, pain and suffering before healing. It is slow and torturous. The second method, taking control, will allow anyone to accelerate the healing process, learn fast and move on, leaving space to find healthier and more fulfilling love than ever before. You may need some guidance on the steps for a fast and productive emotional healing. We have never been taught how to heal emotionally, so when we go through an emotional situation we are on our own. We need a method, a successfully proven method for emotional healing. Three facts make this method a very exciting proposition: First, it works; second, anyone can follow it and get results; third, it creates permanent change in the negative pattern of relationships. I must warn you: This method is the ultimate healing tool: The first step is to Face It. The alternative to facing it, is denying it. Even though denial is a natural stage in any healing process it is unnecessary and it only creates prolonged suffering. You can accelerate your healing process by facing it. Even though it will be painful, it will feel so good afterwards. Some of the realities you need to face are: This first step is intense and filled with emotional release. To make it easier, express your feelings and emotions privately, avoid self-destructive behaviors such as drinking and casual sex and be your own best friend. The second step in the Extreme F. Acceptance means to surrender to what is real, versus what we wish were real. Acceptance also means that we can look into ourselves for honest answers. We can see how we contributed to the situation and how we were partly responsible for it. Among the things you need to accept are, that you have idealized your ex, you are there were warning signs and suffering helps you avoid your life. The third step is to see the lessons. Life is always guiding us to what is best for us. Through joyful and painful experiences, we learn lessons that help us grow. Sometimes the only way we pay attention to our deep needs, is when we experience pain and suffering. These are the lessons you need to see about: As you learn from these areas you are growing and preparing to get the love you truly deserve. An important question to ask yourself as you see your lessons: Is there anything that you fear about long term relationships? The fourth and last step of the Extreme F. This means to get to a new level in your life where you can start living your life in a more fulfilling way. Many of the apparently negative experiences we have in our lives guide us to explore new alternatives for ourselves. We may learn new ways of taking care of ourselves, new ways of feeling good about ourselves and new ways of relating to others. By taking small risks that feel comfortable for us, we grow and develop a new sense of self. Your new level of growth will include new levels of: Self-esteem and confidence, positive relationships, passion and Fun, and Love in your

life. By going through these steps, the Extreme F. T method can really help you accelerate your healing and get ready for a new love. But the first love you need to develop is with yourself. As you realize that the outside world is a reflection of your internal world, you may want to pay more attention to your feelings, emotions and needs. The pain that some experiences bring into your life is generally a call for you to pay more attention to yourself. So why not start now. When you choose a method to use and follow in your breakup or divorce recovery, you are already on the path to healing. You have a choice; use your free will to choose what is best for YOU. It requires a lot of courage and strength to want to heal fast. It would be easier to follow the mass belief that after a breakup we will go through a lot of pain and suffering for years, or at least months. However, you can make a different choice. You can believe in your own capacity to heal fast, in your own ability to get on with your life as soon as possible. You can get the love you truly deserve. Your true partner is already on the way; the more you suffer and prolong your healing, the more you will delay his or her arrival.

Time or Extreme Breakup Recovery

## 2: How To Speed Up Your Breakup Healing Process (Infographic)

*Extreme Breakup Recovery will show you: How to recover from a breakup faster than you thought possible with step by step This is the proven shortcut to moving on and recovering completely after any breakup.*

This period in our lives is definitely really hard, I feel extremely tired myself and am scrapping the last bits of my energy to keep myself standing. My whole image of my world got shattered, at least so I believed. Because there was at least one person I did not lose, myself. Be your own friend, take it upon yourself to comfort yourself. Your Ex cannot and will not take away the pain, only you can do that. You might be surprised, some are still around. You do not need to do all 12 steps immediately, just try to do them one by one. This is a process after all, not a one-day medicine. I do have to say try to get step 4 through 6 down, no contact is harsh, I am only half way there. I bought a calendar and post-its first I had a post it with a turf list. For each day I did not have contact I placed post it on that day. So it would make a chain, looks weird but feels good. I tried the same for not stalking, but failed there so I ripped those post-its of the calendar and started anew. But now I am on day 36 still not there but the urge lessens. It takes willpower and strength, but I promise you it will get easier and it will help you a whole lot. Also I give myself a treat for each week I succeed! As for 4 and 5, you have enough memories in your head, you do not need reminders all over the place. They are all inside you. And that is my own biggest struggle, the over-thinking. Start with these two I would say, clean your house of the memories just for now or ask somebody to help you with it and get the last things in order so you do not need to contact them. As for the thing you said about losing him, this may sound very harsh but he is already gone. I had to really update my perspective. I was devastated when my Ex left, I had not seen it coming. I just got dumped one day, yes the red-flags were there I tried working on them whenever I saw them, but she decided and I was lost. I lost her that day, or at least I lost my girlfriend. She was no longer there, however there was somebody new. My Ex, while a resemblance of my girlfriend, she was not my girlfriend. So I started updating my perspective, the person that exists in the here and now is my Ex who does not want to be with me, while the person I love and do not want to lose is in the past and no longer exists. So that person will not return, it is impossible for that person to return. I repeated this to myself to update my perspective. Maybe it will help you, it helped me get some distance and start accepting that it was over. It did hurt and was harsh for myself. Also I do not know whose fault it was, I believe both and neither are at fault. Because to be honest, possibly a bit harsh again, do we have another choice than to accept it and move forward? We can keep going on in this pain forever hoping they will take us back, but seeing us in this sorry state at least I am, crying is not my best face will not really be the most attractive us will it now? Or we can pull ourselves out and move forward to a better us. It will hurt, my god does it still hurt, and it will be hard. But it will get easier, trust me. If I look back to the start and now, I have definitely improved and so can you. I believe that with everything I got. So I changed that into getting obsessed into healing myself. The number of sites, videos and everything I watched about breakups is insane! Good one to, do not repress and suppress. Cry when needed, scream if you want, curse get angry, punch stuff not people please, sing your lungs out to your favorite band. It helps, even for a second it is good. Another small tip, whenever you feel the urge to contact, walk away. Leave all devices of contact behind and walk away. Just for a while. Grab a pen and paper and write down what you want to contact your ex for, or what you are feeling or thinking about. It will get it out of your system. Possibly lessening the urge to contact them. Oh yeah, at this current moment you will feel lost. But imagine this, if you come out of it you will regain so much more than you will lose. The things you will regain is your motivation, your life-lust, your joy, energy, happiness, you will be able to get things done for yourself again. I know the unknown future is scary sometimes, but this moment we are in is more harmful than that uncertainty. There is something you will lose if you come out of it, the pain, the stalking, the overthinking, the sadness etc. You will lose this overall feeling of being lost.

### 3: Jeanette Castelli (Author of Extreme Breakup Recovery)

*Finally the breakup occurred, followed by a long period of pain, suffering and ultimately a slow healing. (A long, painful recovery can create long lasting negative consequences in life, such as loss of a job, poor school performance, depression, weight problems, and many more).*

Whether you are the dumper or dumpee, the breakup might have affected you negatively. When the emotional bonding is severed, you will feel psychological pain. The pain results from the fact you trusted your partner with your heart. You gave him your whole heart. Instead of taking care of your heart, he broke it into pieces. He betrayed your trust. Now, you are hurting. Before you go do something extreme like committing suicide, realize that you can get up on your feet and move on. Healing is possible if you only allow the healing process to take place. When you have healed from the breakup, you will recover and you can move on with your life. This article will show the steps you need to follow in order to heal from the hurt that resulted from the breakup. You are feeling pain in your heart. If you do not accept you are hurt, the healing process will not begin. You will hinder the natural healing process to begin its course. Remember, you are not the only one who has been hurt as a result of the breakup. When you suppress the feelings, it is a clear sign you are running away from the hurtful feelings as you do not want experience them. In fact, you are behaving like a person who has gone to a pub to drink beer in order to deal with a problem that is troubling him. You are only deceiving yourself if you think the beer will help you in getting rid of the problem. Experience the anger, the hatred, the bitterness and other hurtful feelings because that is how the body has been conditioned to deal with psychological pain in order for the healing process to commence. When you have felt the hurtful feelings, it is time to deal with them. Do not let the negative emotions be your companions. If you do so, you will never heal, recover from the breakup, nor move on with your life. You will develop certain psychological diseases such as depression which might translate to physical illnesses such as back pain and headache. You will not enjoy your life nor find the reason to live. Deal with the negative emotions. Do not let them control your life. It may get worse which might affect almost every aspect of your life negatively including your relationship with other people. You might develop depression and low self-esteem. Confide to someone who is very close to you or understands you about what you are feeling and how you are feeling. If you feel the pain is increasing in momentum, it might be better to seek a counselor. Write It Down Write down what and how you are feeling. This is because scientific studies have discovered writing aids in the healing process. When you jot down what you are feeling, a few hours or days later when you read what you had written you might gauge for yourself whether the pain has decreased from the time the breakup happened. It will create a picture of your condition at the moment. Thereby, you will know which steps to undertake to ensure you are on the road to recovery. This is because the more you think about your ex the more you feel the pain. You are wounded "not externally, but internally. You need to take a break so that the wound can heal. Your ex does not matter anymore. He will not make things any better for you. You are the one who has to decide whether you want to heal from the hurt that resulted from the breakup or not. You need to stop contacting your ex. You have to exercise No Contact Rule whereby you cease any form of communication with your ex. If you were the cause of the breakup, the best you can do is to ask your ex to forgive you. If you ended the relationship because your partner was always hurting you, try to forgive your ex. Damage the "Video Tape" If you want to heal and recover from your breakup, you need to stop re-running the good memories you shared with your ex in your head. Your mind has done a wonderful job of getting rid of the not-so-good memories and concentrated only on the good parts of the relationship that you had with your ex. But the reality is that you are denying the fact the relationship did come to an end. You are trying to escape the pain by getting lost in the past. Damage the video tape. No More Love Songs You should take a break from listening to any love songs, both sad and not sad. When you listen to love songs, they will remind you of your relationship and make you long for your ex. Listen to uplifting, encouraging, motivating, and challenging songs. This is not a time to think about love or be reminded of it. As much as the world hurts you, it also has a lot of good things to offer. Get out and feel the world. Breathe in the fresh air. Let the beauty of the world enlighten and inspire you. Forgive Your Ex There

is no benefit in holding a grudge against your ex. You gain nothing by hating your ex and remaining angry. It will only become a burden to you. Forgiving your ex has several benefits. It assists you in getting rid of negative emotions. You learn to be strong when you are hurt by somebody. You are reminded that your life is not dictated by a failed relationship or an ex who was inconsiderate of you. Forget the Pain Once you have forgiven your ex, be determined not to remember the pain. When you remember it, your chances of healing and recovering will be jeopardized. Hurts are never meant to be remembered. They are meant to let you know that hurt is inevitable, and one should rise above it by learning to be strong when he or she faces it. Give yourself a break. Read Books, Watch Movies, and Exercise Read poems, novels, and books that have nothing to do with romance except ones that concentrate on how to get over breakups and deal with the hurt that comes from someone wronging you. Watch movies like documentaries and comedies. Exercise helps a great deal when recovering from a breakup. You have to decide to do what you can to realize the results. If you are determined to come out of the breakup in one piece, you will. Therefore, decide to do whatever it takes. Concentrate on yourself and you will be able to move on.

## 4: Extreme Breakup Recovery by Jeanette Castelli

*Extreme Breakup Recovery is Maximum Healing in Minimum Time. This is the proven shortcut to moving on and recovering completely after any breakup. "Better than a \$1, worth of therapy."*

From casual dating to long-term love, your guide to making the most of your relationships! The Ultimate Break Up Survival Guide: But good advice can greatly speed up the healing process and help you move on. For Girls How to Survive a Break Up For Girls " Starting from the moment he breaks up with you, this article will show you how to handle it with grace. Get over it, get back to it, and get even. After the Love has Gone: For Everyone How to Survive a Breakup " Insight on surviving a breakup, with 11 great tips for picking yourself up and moving on. Coping with a Divorce or Relationship Breakup " A very detailed and comprehensive guide to grieving and recovery for your breakup. How to Survive a Breakup " How to recognize the most common emotional reactions after a breakup. Coping with Separation and Divorce " Mental Health America offers a factsheet with several valuable tips on dealing with your breakup. How To Survive Them " Informed and in-depth breakup survival tips from a psychotherapist offering online counseling. Villanova University Relationship Breakup Guide " Valuable advice on dealing with the emotional response to a break up and feeling better. Get through a Breakup " Grown-up strategies for feeling better sooner, including getting some exercise and forcing yourself to interact with other people. How To Break Up: Part I " There is no one perfect way to deal with a break-up, but there are helpful things to remember " and do " if you find yourself in that position. The Aftermath of Breaking Up " Lyra Pappin explores the difficult aftermath at the end of a relationship. How to Inch Your Way Back to Being Sociable " Start by getting back in touch with the people you already know, then begin maximizing your exposure to social situations. But it can be done effectively. More Tips on How to Break-up " LifeSpy offers a handful of great tips on how to break up with someone tactfully. Take charge of ending it and not remaining friends. These tips will show you how. Sex With Your Ex " Very tricky, and probably not a good idea, but it can be managed. Empowering Break up Songs " MamasHealth. Breakup Blogs Getting Past Your Past " A very in-depth and well-written blog on getting past your breakup and becoming the best person you can be. Loves A Game " One of the top blogs devoted to relationships, breakups, and divorce. The Breakup Blog " Pretty decent blog with lots of great break up advice. Also promotes an ebook on how to get your ex-girlfriend back. A Novel, on how she survived a horrible breakup. Breakup Survivor " Not so much a blog as an interactive site offering breakup advice and support " a fun and valuable resource. Each section is composed of short bullet points for easy reading. This book is full of solid ideas for avoiding the common mistakes associated with failed attachments.

### 5: extreme breakup recovery | Download eBook PDF/EPUB

*Find helpful customer reviews and review ratings for Extreme Breakup Recovery at [www.enganchecubano.com](http://www.enganchecubano.com) Read honest and unbiased product reviews from our users.*

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## EXTREME BREAKUP RECOVERY pdf

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### 6: Extreme Breakup Recovery | DailyStrength

*It shows you the quick way to transform and benefit from your breakup. Includes powerful exercises and worksheets for truly self-help amazing results. This is the ultimate healing tool.*

### 7: Extreme Breakup Recovery: Maximum Healing â€” Minimum Time | Love Letter Box

*Description: Extreme Breakup Recovery is not just a book, it is a Workshop In A Book. This is the ultimate healing tool. This is the ultimate healing tool. Written especially for those who don't want to waste one more minute suffering.*

### 8: How to deal with guilt after breakup - Forums

*(A long, painful recovery can create long lasting negative consequences in life, such as loss of a job, poor school performance, depression, weight problems, and many more). Years later, after the breakup, I found them happier than ever, with a loved one.*

### 9: Steps to Healing and Recovery After a Breakup | PairedLife

*Adapted from "Extreme Breakup Recovery" by Jeanette Castelli, M.S. A do it yourself Workshop in a Book?. Features a step-by-step guidance through the Extreme F.A.S.T. method: proven for quick, permanent and productive recovery from any breakup or divorce.*

*Principles of fluid management Government institutions military and security apparatus Mounted instruction for field artillery Restoring womens history through historic preservation Building together Claiming hip hop : race and the ethics of underground hip hop participation Chapter 4 Florence Harding The cookie lovers cookie book Gods glorious plan SENDING OF DRAGONS, A (Laurel-Leaf Fantasy) Jupiter, the largest planet International journal of consumer behavior Light at Ground Zero On the battle-lines, 1919-1939 As happy as a donkey in a drain 100-calorie snack cookbook Diabetes and the Kidney Michael crichton timeline Boku wa imouto ni koi wo suru manga The Elders of the City The Pacific coast Shaolin 5 animals fai wong Descriptions of new genera and species of Lepidoptera Phalaenae and of the subfamily Noctuidae Beginning Algebra And Computer Tutorial Windows Format Human rights and Chinese values Legrand timer switch manual Pathik, P. Triumph. Construction of novel vaccines on the basis of virus-like particles Class act: the Texas National Guard and running for Congress Masterof the grove The Rough Guide to New Zealand 5 The clouds Aristophanes ; translated by Benjamin Bickley Rogers Under The Eagles Beak Automatic pet feeder manual Everything and the moon julia quinn Prejudice and the ghetto child, by S. Marcus. Wonderful results of prayer The secret of the nagas bengali The shocking true story of Jonathan Mathematical reasoning through verbal analysis, book-2*