



# How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life

*Howard Bronson , Mike Riley*

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“It’s over. Now what?”

Suffering from a broken heart? Afraid you’ll never get over this feeling of emptiness and loss? You can, and with the help of this easy-to-follow program of action, you will.

Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss, and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that’s just ended, while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out:

- How and why to cry ’til dry
- Good* ways to beat loneliness
- Why it pays to forgive your ex
- How to "let go" of old memories and resentments

*How to Heal a Broken Heart in 30 Days* prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again—and you’ll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

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**Saying Good-bye and Getting On With Your Life Howard Bronson , Mike Riley**

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## **From Reader Review How to Heal a Broken Heart in 30 Days: A Day-by-Day Guide to Saying Good-bye and Getting On With Your Life for online ebook**

### **Rob says**

The intro was a pretty good "pep talk", and some of the 30 days had good content. However, a lot of it felt unhelpful for me personally. Others may find it more helpful.

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### **Melody says**

This is a must read for anyone one man or woman healing from the end of a relationship. This book will help you hela and grow and realize how wonderful being single is and how much you did not need your ex to be in your life any longer! Highly recommended!

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### **Laura says**

So far, I am NOT liking this book at all. I am not finding it useful as it is written under the assumption that the relationship ended because it was suffocating or made you lose yourself or that your ex mistreated you, when in fact there are so many other reasons why people end things.

I may finish it just to see whether I find something useful (and because I'll feel bad not to), but if you're considering reading this, try finding a free online version or borrow a copy somewhere. Really not worth the investment

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### **Nicole says**

Got my heart smashed and read this book. I really enjoyed it. Each day you read one chapter and do the exercises in the book. I found it really helpful, especially when you wrote them out. It certainly didn't heal my heart in 30 days, but it did make me see that the person in question was horrible for me.

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### **Maya says**

they sure want you to do a lot of work, considering they're two guys who say that doing too much of "the work" is pointless and time-consuming...

but i finished it and took a lot of their suggestions, mostly the things that pertain to making lists. i DID NOT get the pet rock!

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### **Kevyn Bashore says**

A helpful, hope-filled book that gives practical, daily steps to finding center and healing after any type of painful, emotional breakup, breakdown, or divorce.

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### **Athena says**

This book was terrible. It sounds as if it were written by 15 yr old girls making up advice just for grins: "hum yourself to sleep with a lullaby while wearing footie pajamas"?, "make a worry rock and carry it with you and take it out and pet it when you feel bad"? Seriously. I'm insulted! Guess I'm doing better than I thought. And it's only day 16. I'm done with this book.

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### **A says**

Overall good advice

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### **Ashley says**

I'm currently going through a self help phase to help me get past my rough patch. I've read great reviews about this book and I'm going to the library today to find this book and check it out. If not, I might break down and buy it because it's gotten such high ratings. I'll let you know if you works.

\*\*\*I'm having a hard time finding this book anywhere! Was there some mad rush on people having broken hearts this summer? I don't know. Maybe if I get a little birthday cash I will be able to order it online and have it arrive to my door. My broken heart is getting better...but I could still use that extra "Umpf" in the right direction. When I find it and read it...I'll be sure and put up a review.\*\*\*\*

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### **Sara says**

Reasearch, my boy! It almost reads like a series of one-liners. I tell myself I finished it rather than have to add it to the "Didn't Finish" shelf.

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### **Erin says**

I was not expecting to have to be a guinea pig for this one, but heartbreak sucks. And causes mucho purchasing of self-help tomes. I read this in conjunction with a (not bad) more traditional "grieving your relationship than being stronger" book. I much preferred this. It didn't make me do long assignments, it taught me how to make myself cry, it said things affirmatively, rather than stressing I needed to believe them, and the chapters - one for each day - are short, manageable, nicely written and tough as well as eloquent. This book is purpose driven, and that is what I needed. It should also be mentioned that you really

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do need to read it every day until the end. Disconnecting the continuity can reverse some of the positive effects.

If I have a friend who has just been through a breakup, or won't stop moaning about all relationships being pain, and if that friend would read a self-help book, this would be the first one I'd send over.

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### **Katie W says**

This book is lovely. My copy has been passed from friend to friend in difficult times. I've even bought and sent new copies to friends going through difficult breakups or just going through the grieving process in general. It has wonderful self-care advice while also guidance for holding yourself accountable for your actions in a gentle way. Really a great read for those in the thick of it. Though - I do recommend reading as directed - one day at a time, one chapter at a time for the full 30 days. It is well worth the time to absorb the information.

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### **Stacy says**

I read this while attempting to cope with a break up. Each day you read a chapter and do the exercises that are supposed to help you heal and accept your new situation in life. I liked much of the advice and while the title is deceiving (because broken hearts sometimes linger for a lifetime and rarely heal in a designated time period), the book does contain helpful tools for dealing with depression and loss.

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### **K says**

While it's nice to hear some affirming things about breakups, this book has gems like "depression is a choice" and "its important to lose weight so your next partner finds you attractive." I can't deal with this white-washed, fatphobic, and just cishet way of coping. I would rather just read about astrology.

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### **Janell P says**

I'm not in the mood. ;-)

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