

Don t Call That Man!: A Survival Guide to Letting Go (Paperback)

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Reviews

This publication is amazing. This can be for all who statte that there had not been a worth reading through. I realized this publication from my i and dad encouraged this ebook to find out. (Desmond Schuster II)

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DON T CALL THAT MAN !: A SURVIVAL GUIDE TO LETTING GO (PAPERBACK)



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Hyperion, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. There is life after a failed relationship, as long as you Don t Call That Man! In this inspirational, revolutionary guide to letting go and moving on after the trauma of a breakup, psychotherapist Rhonda Findling teaches women how to triumph over the almost obsessive urge to pick up the phone. With its prescriptive, easy-to-follow approach, Don t Call That Man! is an indispensable tool for weathering the pain of heartbreak. It features simple exercises that provide an emotional outlet for a difficult process; charts that schedule free time away from the telephone; and much more, including: -Moving on from a ruined relationship -What is an ambivalent man, and how do you get over him? -Mothers, fathers and men -Building and using a support system -The 10-Step program to not call that man Step-by-step, from heartache to healing, Don t Call That Man! is a map on how to heal the pain of a lost love; how to overcome feelings of neediness and desperation; and above all, how to regain focus on what s important and it s not calling that man. It s the perfect book to embrace on the way to a new and more gratifying relationship.

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