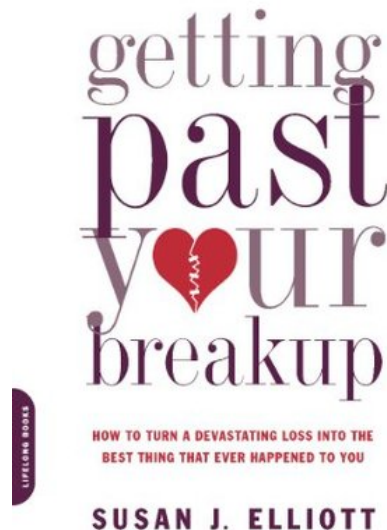




Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You

Susan J. Elliott

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It's over—and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, you *can* move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Forget it! Starting today, this breakup is the best time to change your life for the better, inside and out.

Getting Past Your Breakup is a proven roadmap for overcoming the painful end of any romantic relationship, even divorce. Through her workshops and popular blog, Susan Elliott has helped thousands of clients and readers transform their love lives. Now, she'll help you put your energy back where it belongs—on you. Her plan includes:

- The rules of disengagement: how and why to go “no contact” with your ex
- How to work through grief, move past fear, and take back your life
- The secret to breaking the pattern of failed relationships
- What to do when you can't stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house

Complete with inspiring stories from real people and strategies to jump-start the moving-on process, *Getting Past Your Breakup* is the most effective plan for getting permanently past a breakup, getting your confidence back, and opening yourself to true love.

Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You Details

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the Best Thing That Ever Happened to You Susan J. Elliott**

From Reader Review Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You for online ebook

Laura says

Wonderful book. It was a lil deep for my current situation but the advice in it was awesome. The author really wants you to focus on yourself and gives you hands-on ways of helping yourself. I will refer back to it in the future.

Alice Lopiccolo says

Great book about getting past a breakup. I read it when I was going through one of the worst breakups of my life and this is one of my favorite quotes from the book:

"While there might be things about you that need improvement, that doesn't mean that you are not a lovable, worthwhile person. In fact, it takes a lovable, worthwhile person to become willing to grow and get better."

Sarah says

This is a very helpful book. If you have been treated as badly as I have in your last relationship, this book helps you pick up the pieces and gives you steps on how to get back on track. I really liked the relationship inventory, and how it focuses on YOU doing the work in order to find out why you might be repeating dangerous patterns and how to find what you need to be healthy and find a way to happiness for yourself. Very good self-help, very straightforward.

Arezu Wishka says

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Casey says

This insightful book has many good suggestions on how to get past a tough breakup and work through your grief. The author knows how to help people not only from her experience as a therapist and counselor, but as

someone who has had to go through a devastating breakup herself. In the introduction, Susan Elliott describes her own experience in great detail, and she includes anecdotes from her past throughout the book.

I think her willingness to share her story really gives her advice an extra ounce of credibility. I'm much more willing to take her suggestions to heart because I know she's gone through a similar ordeal (actually, hers was MUCH worse than mine). She also does a great job at helping her readers figure out how to tailor her recommendations to fit themselves and their own lives. It's not simply, "Do this and you'll feel better." Elliott understands that everyone grieves differently and what works for one person may not work for another.

In short, I found this book very useful at a tough time in my life, and I would recommend it to anyone having trouble getting over a breakup.

Eliska says

As soon as my pay came in , I went on Amazon to buy a stack of breakup survival books . I heard about Susan Elliot's book on this forum I turned to for help .

I also read " It's called a breakup because it is broken " as well , which helped but that was more a fluffy read to cheer you up a bit .

But boy , GPYBU was NOT cheerful at all , it made me really dig deep about the relationship and about my past . And it made me depressed , it brought up emotions that I did not thin that I had inside of me .

And you know what ? I really needed that . I love how Susan invites you to look at other relationships , not just romantic ones that you had . Be that with your family , friends , bosses , flings etc . These are all contected and looking back at them and seeing the pattern can make you break that pattern so you do not attract the same people into your life .

I seriously think everyone should own this book , I am keeping this even when I find " the one " this is a life saver .

Jody says

This took me almost a year to read, and I'm still in two minds about it. Some of the advice is great, sure. But I found that I just didn't gel with it for the greater part.

And then, right at the end, in the section on dating:

"When you go out, sit back and relax. If you're normally chatty, try to hold off and listen to the other person. If you're normally shy and reserved, try to take more initiative in the conversation."

So, basically, don't be yourself. Which is, in fact, quite the opposite of relaxing. This is amidst talk of knowing who you are, being yourself, yada yada yada. Ugh. I don't think I'll be taking much away from this.

Katie says

Oh dear, I am afraid I did not get on with this book at all. Having just had my marriage collapse I have been reading one self-help book after another for the past few weeks. They pretty well all say the same thing, go through your grieving process, be kind to yourself do some self-analysis, see a therapist, (no surprise as they are nearly all written by therapists) and you will come out the other side a new stronger and by all accounts fitter person. They all recommend exercise, giving up smoking and drinking and taking up hobbies - all of this while dealing with the financial, domestic and legal problems one is facing and going to work - with no explanation of where one is going to find the time to do all this, let alone pay for it and indeed any idea that some of us like to smoke and drink and are not that keen on exercise and never have been. This one takes it a step further suggesting you write inventories of the relationship, your life and even suggests you look at your relationship with your parents to see if that is the reason you married/went out with the type of person you did. I cannot believe that when you are going through what is, in my humble opinion, a type of mourning process, it can be truly healthy to rehash every other relationship you have had in your life to see whether the collapse of your relationship boils down to how you were brought up and whether you have mummy/daddy issues. I accept that this is only my opinion and that others have found this book very helpful but it was not the right one for me.

Heather says

I love this book and HATE THE TITLE. It's just the kind of title that would have turned me off except that 1. It receives amazing reviews and 2. I was in so much pain that I was willing to read anything to find some guidance on how to heal.

The reviews are good for a reason. The exercise of conducting an inventory of ALL your major relationships (parents, siblings, romantic, etc.) to see the patterns and identify larger issues that may be impacting your relationship decisions is so useful. She lays out, step by step, how this can be done and even how they can be cross referenced in order to more easily spot the patterns.

Im so pleased with all I've learned by reading this book and doing the exercises in it. I'm starting to find some space to heal and forgive and to realistically see the events leading up to my divorce in a constructive way. Literally a life saver.

Mai says

Great book with lots of helpful tps for those who are struggling with loss and trying to get over a breakup.one of the most important tips is to take care of yourself , emotionally and physically.also to get over someone , you should do the most obvious thing which is to follow the rule of "no contact" and stop give yourself excuses to contact that person .the relationship and life inventories are really eye-opening and bring to the surface the issues that need to be tackled

I luv that this book is actually written from a personal experience of the author and how she turned her life around.in order to get over a breakup, it's long healing process and this book shows you how, highly recommend it

Joshua says

I found this book to be very helpful for introspection and development of defenses against doing the same thing again. I will focus on the basics and rebuild my life and not worry about having a significant other. This book is helping me find the basics to work on to build the life I want and feel I deserve, if I put forth the effort.

Great read by a very qualified author!

Crystal Starr Light says

Bullet Review:

DNF at 44% because i think I'm spending more time thinking about the ex reading it than learning how to move on.

This is a REALLY good book for those who have just endured break ups. Lots of good advice, stories, encouragement. That's why it gets 4 stars.

But enough time has passed from my own breakup (which, although happened in a rather abrupt, insensitive fashion, needed to happen long ago), that reading this book just makes me think of him MORE than I do on a daily basis! So instead of moving on, this book is actually making me dwell on it (not the book's fault, just where I am at in my healing). If I find I need some type of advice or comfort, I'll turn back to it, but it seems counterproductive at this point to continuing reading. I'd rather leave behind the ex and move on :)

In other news, I just wrote him a two page letter, apologizing for my faults (including how I should have broken up the relationship sooner because I didn't feel the same way about him) while also expressing how angry I was at him for lying and breaking up with me so coldly - and then I promptly shredded it. Felt GOOD.

Catheryn says

Susan Elliott has a common sense no-holds-bar approach to changing the crazy thinking we sometimes indulge in when going through a break-up. I can say with complete enthusiasm and honesty, my break-up was a gift to me. Susan helped me transform the experience into the best thing that ever happened to me!

There's so many mantra treasures in the book:

A phone call is a request, not a demand.

It doesn't matter.

Keep your side of the street clean.

Love is an action.

Don't give up the day before the miracle happens.

I recommend this book to anyone that is having a hard time with a break-up. It truly is a book about dignity and grace, even during a break-up you can walk away a better person.

Ethan says

It honestly took me months to get through this book. Not because it was bad, but because it hurts to read. It will remind you of your ex over and over but it's essential. You can keep running from person to person and not heal from your past relationship. Or you can read this book and get over your ex and be more happy that you have ever been. Give it a try. It's not easy reading this, specially if the relationship has ended recently. But it's worth the read.

Sue says

I was struggling, and still am, I needed help, so I picked up this book. While this isn't the literary panacea for the immense amount of pain that comes with losing someone you love, it is fairly helpful. I found the repeated stressing of having no contact with the ex and the personal inventories to be the most helpful. If you have little to no experience with mental health professionals and various mental health techniques and recommendations, this is actually a decent primer on setting boundaries, self-care and the importance of forgiveness. However, if this ain't your first rodeo, most of this you've heard before. Also, the author pimps her blog an awful lot, which is unfortunate, given that the blog is now defunct and the references she makes to it are now totally irrelevant and impossible to follow up on. I think the statement on the cover of "turning a devastating loss into the best thing that ever happened to you" is an unrealistic promise and a tad heavy handed, so take it with a grain of salt. Mercily, this was pretty well written and concise, which I appreciated. (Nothing sucks more than reading a self-help book recommended by a friend that sounds like it was written either a robot or 7 y/o kid that never gets to the point.)
