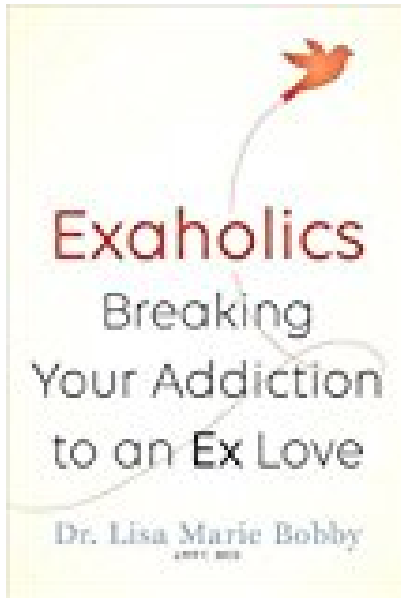


Exaholics Breaking Your Addiction to an Ex Love



BOOK DETAILS

- Author : Lisa Marie Bobby
- Pages : 256 Pages
- Publisher : Sterling
- Language : English
- ISBN : 145491825X



BOOK SYNOPSIS

Severing a relationship is one of life's most painful experiences and cutting those ties can feel like ending an addiction. "Exaholics" offers meaningful support to anyone trapped in the obsessive pain of a broken attachment. She helps the brokenhearted heal, showing them how to understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse."

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