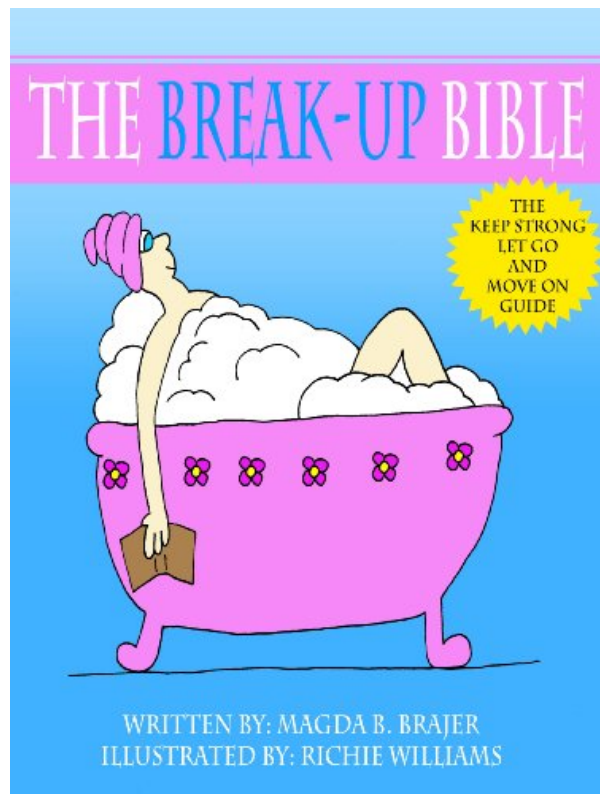
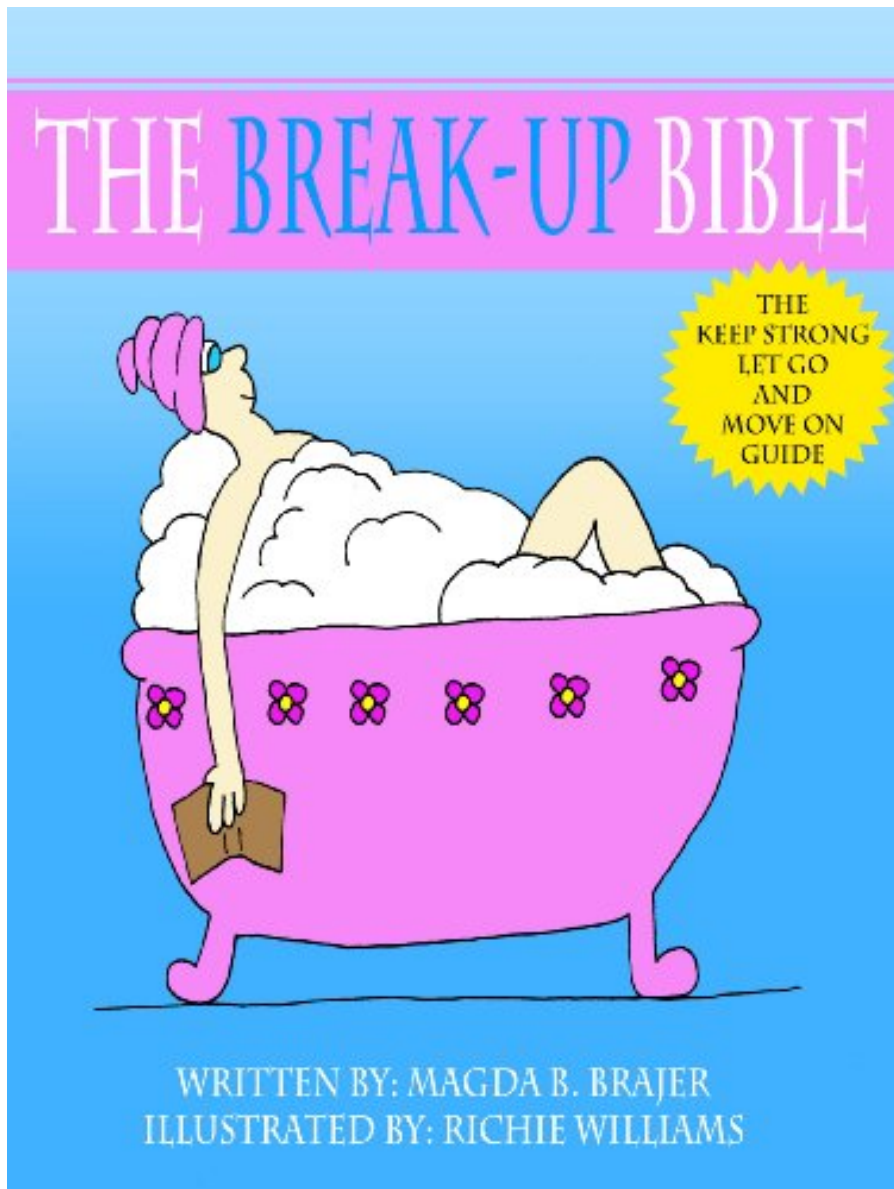


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## About the Author

Magda B. Brajer is an internationally published author, who, through her inspirational books helps her female readers heal, reach their emotional goals and change their lives. Magda is best known for "The Break-up Bible: The Keep Strong, Let Go And Move On Guide" and its sequel "The Break-Up Bible 2: The Path Forward", ebooks she has successfully published in over 170 countries. Magda currently lives in North London and is working on variety of new projects, including a romantic novel and series of novels for children. Visit Magda's website: [www.magdabrajer.com](http://www.magdabrajer.com)

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Whether you initiated the break-up or you were dumped, there is life after a failed relationship, as long as you don't contact your ex. In this inspirational, comprehensive guide to dealing with post break-up anger, confusion and hurt, writer Magda B. Brajer teaches:

- \* Why no contact always works and how to implement it.
- \* Explains exactly what's going through you're exes mind when you stop calling and contacting him.
- \* How to make him miss you.
- \* How to survive a break-up over the internet.
- \* How to control your emotions.
- \* Erase the terrible mistakes you might be making without even knowing it.

And much more.

Every heartbroken woman wants to learn how to overcome her neediness and desperation and be on her exes mind non-stop instead. By reading this book you will do exactly that, so what are you waiting for? You will also re-gain your zest for life, self-love and ultimately set your own priorities, maybe for the first time in your life. One thing is for sure; by the time you reach the end, you will feel emotionally strong and empowered, you will never make the same mistakes EVER again!

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2 of 2 people found the following review helpful.

This book will prove to help many!

By Ricky M. Hansen Jr.

Having gone through a recent break-up, somebody recommended that I read this book. After a couple of days of putting it off I decided to give in and check it out. I am glad that I did.

Break-ups are hard. It is hard to know what to do when your world seems to come crashing down on you. One day you are in love and the next day you are left alone with your dark thoughts and broken heart. What do you do? What is the solution? Should I keep trying or should I move on? This book answered so many of these questions for me.

The Break-Up Bible helped to inspire me - showing me that there is hope in such a dire situation. It was almost like I had a friend that was offering me advice as I was navigating through the pain. This book showed me tips on how to move forward (I suggest the "no contact" rule) and also showed me that I am not alone. I learned that these feelings are normal and that if I took some steps - I would find freedom from my hurt.

This book was and is an excellent tool for me. I feel much better now! Thank you, thank you, thank you. Highly recommended!

4 of 4 people found the following review helpful.

at last i get it

By jennifer smith

ENDING MY TWELVE YEAR Marriage,day 9 today, have read this whole book in 3 going on to book 2 amazing amazing book clever lady thank you x

3 of 3 people found the following review helpful.

Gentle Advice for Tough Situation

By Stacey

Breakups are bad. Whether you are the dumper or the dumpee, one is just as bad as the other...just different types of feelings. Always, a breakup is hard. They are hard for everyone involved, even other family members and friends of the couple. The book has realistic advice and was obviously written by someone who understands the breakup of a relationship. It helps to understand that its not all gold that shines. For example when you see your ex happy on Facebook after your break up, well he may not be that happy after all, he may be pretending. It explains step by step how to handle first phone call from him, how to act and what not to do. I think this book really motivates towards a better "you" after a breakup.

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