



How To Fall Out Of Love - New Revised Second Edition

Dr. Debora Phillips, Bob Judd

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"I love your work because I know if I had a broken heart, you could fix it." Oprah

You can't stop thinking about him or her. Everybody tells you to stop: "He's gone." "She doesn't love you." "Get over it." But no matter how hard you try to stop, you can't.

Until now.

Millions have gotten over a lost love thanks to the book that defined the field. Now renewed and revised with new techniques for a new generation, Dr. Debora Phillips' classic is finally available for heartbroken people who are ready to get on with their lives.

How to Fall Out of Love is a systematic, step-by-step program to reach specific goals. Dr. Phillips delivers a tried and true, amazingly easy-to-follow therapeutic guide to help you:

- stop obsessive thinking about him or her
- take him or her off their pedestal
- overcome jealousy
- rebuild your inner strength and confidence
- handle Internet dating
- get on with a new love and a new life

How to Fall Out of Love shows you how to deal with large, complex emotional difficulties and break them down into manageable component parts. It's written with clarity, warmth, and understanding to help you get over an old love and on with a new life.

With over 30 years of using and refining her techniques Dr. Phillips has seen over and over her patients free themselves from their love-obsessions and depression..

Free yourself from that dead-end relationship that is ruining your life. Move forward to the love you deserve—because you can't fall in love again, if you haven't fallen out of love first.

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Anna Thompson:

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