

How to Cure and Mend a Broken Heart

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It's hard to exaggerate the pain of a breakup. After the shock hits you, you'll find yourself overwhelmed by too many emotions to make sense of: anger, confusion, disbelief and resentment but all of it leading to misery. At this point, you're extremely vulnerable and you're at risk of tipping into a steep decline. Don't let that happen. Try these ways of picking yourself up and making a start at rebuilding your life.

For one thing you should get active. Don't sit about letting the sadness do its insidious work on you. That's no way to escape the hurt. Jog, swim and work out. The body's fantastic natural drug, endorphins, will kick in and leave you feeling healthier, happier and more attractive.

Don't neglect your social life. We all need interaction and we thrive on the support and companionship of family and friends. They're the most important people around you for the moment. I know people say you don't have to be alone to be lonely. But if you let yourself be alone, it's far more likely that loneliness will be the result.

If you can force yourself to stand up, dress up and step out for a good night on the town or even for a quiet night in with friends, you'll gradually start to see some perspective returning to your life. Yes, he was important but he wasn't everything. There's a lot more richness in your life than you realized.

And by the time you've got yourself back on your feet, who knows, maybe you'll run into your ex and he's bound to be struck by how good you're looking and how calm and contented you seem. That's a very good position from which to try and rekindle that precious but dimmed old flame.

Teecee Go writes articles focusing on love, romance and save relationship helping people get back with their ex. Get the best information you need to mend a broken heart at <http://www.BreakupCures.com/GetExBack.php> Find out how using the unconventional method works, the fact is thousands have benefitted by visiting <http://www.TheMagicOfMakingUp.com>

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