



# The Quick Fix to a Broken Heart

*Sashina Ramnunan*

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## **The Quick Fix to a Broken Heart** Sashina Ramnunan

A short guide on identifying Heartbreak, and the few yet highly effective steps one must take to build emotional and mental strength in order to recover from the pain and suffering of a broken heart. This book is designed to empower and teach you, healthy and safe ways to move forward after being hurt. A broken heart is not permanent, and after reading this book, you will realize how fast it really is to get through your pain with just a few simple and uplifting steps.

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