



# The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce

*Tamsen Fadal*

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## **The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce**

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### **HOW TO MOVE PAST YOUR BREAKUP OR DIVORCE**

After the shock of a relationship change it can be tough to get out of bed in the morning, much less be at your best. But it doesn't have to be that way. With a realistic and proven game plan to help you get where you want to be, **THE NEW SINGLE** is **the essential roadmap** to helping women emerge from a big life change with confidence, grace and a recipe for self-care.

**THE NEW SINGLE** is designed to increase awareness about avoiding toxic repetitive relationship patterns that hold you back from your being your best self by:

- Radiating confidence
- Taking better care of yourself inside and out, from career and finances, to home, health, and fitness
- Surviving the split-up and starting over, 90 days at a time
- Embracing the person you are today
- Avoiding toxic patterns and dangerous missteps

TV news anchor and author Tamsen Fadal is empathetic and incisive about relationships and breakups: she learned many of the lessons in **THE NEW SINGLE** the hard way. Now, with candor and humor, she's sharing her secrets, stories, and sometimes painful lessons.

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#### **Kathleen Allen:**

Have you spare time to get a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a wander, shopping, or went to often the Mall. How about open or maybe read a book titled The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce? Maybe it is to become best activity for you. You recognize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with their opinion or you have various other opinion?

#### **Victoria Schwan:**

Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

#### **Kristi Goins:**

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#### **Tammi Rosado:**

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