

Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. Coming Apart is a first-aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self-esteem intact. Daphne Rose Kingma, the undisputed expert on matters of the heart, explores the critical facets of relationship breakdowns: Love myths: why we are really in relationships The life span of love The emotional and unconscious processes of parting How to get through the ending How to create a personal workbook for finding resolution Originally published in 1987, and continuously in print since then, with more than half a million copies sold, Coming Apart has been an important resource for hundreds of thousands of readers experiencing the pain and stress of a break-up. For anyone going through the ending of a relationship Kingma is a caring, sensitive guide. This re-packaged edition includes a new introduction by the author.

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