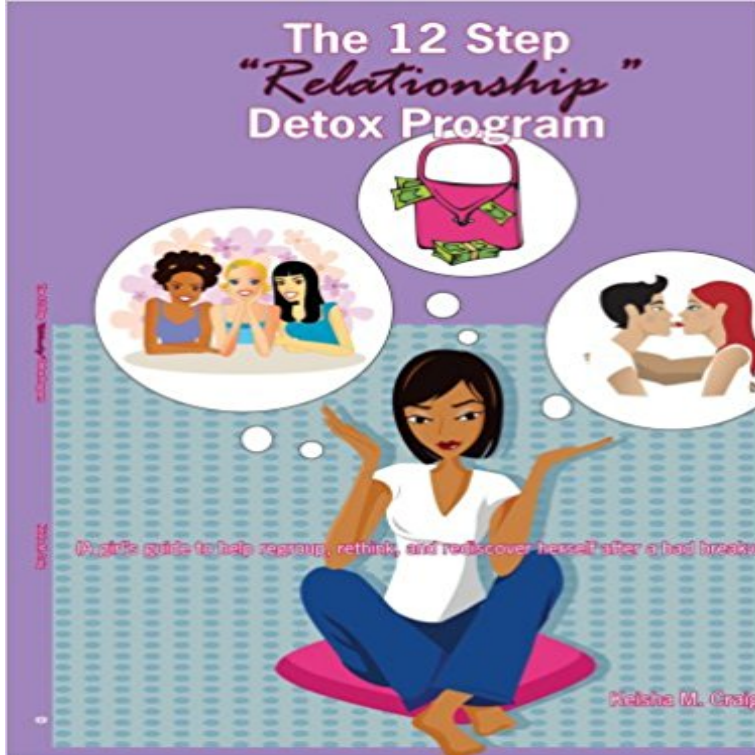


The 12 Step Relationship Detox Program: (A girls guide to help regroup, rethink, and rediscover herself after a bad break-up)



Are you crying all of the time? Have you been anti-social? Have you generated obsessive thoughts to plot revenge on your ex-boyfriend? Do you look at every man like hes the enemy? If so, then you have the symptoms of a BAD BREAK-UP. A bad relationship is like an addiction that you cant quit. You know its not good for you, but you cant seem to let it go. Once you know that you no longer have access to it, it seems like you crave it more. The more you crave it, the worse you feel. However ladies, the dark clouds do have a silver lining because once you realize that the addiction isnt good, you become eligible to enter the DETOX PROGRAM. Once you have gone through the detox process, you will be able to begin a new relationship with a positive attitude. Here is a 12 Step Relationship Detox Program that will help you take the necessary steps to find the ability to move on with your life. Each step provides the tools needed to regroup, rethink, and rediscover yourself. During the detox program you will participate in exercises, take quizzes, follow check lists, and jot down your thoughts on the journal pages. The program also includes helpful tips on future dating prospects. As you begin to progress in the program you will build self-confidence, remember the power of friendships, and realize the importance of setting personal goals. But most importantly, you will learn that life is supposed to be fun, whether youre in a relationship or not. So, good luck, enjoy, and remember not to take life too seriously!!!!

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