

Feeling heartbroken at the sudden end of a relationship?

Not sure where to turn, or what to do?

This book is for you.

When Claire Black's marriage ended very suddenly in 2008, it felt like the end of the world. Shocked and betrayed, she felt afraid, overwhelmed and confused.

Claire struggled to find clear guidance on how best to move forward. She knew that she didn't want her divorce to define her, and she wanted to do more than just survive. She wanted to take back her power, redefine who she was and create a life in which she and her young children could flourish.

Empathetic and packed with easy-to-use strategies, this book is an essential guide for anyone facing a sudden separation. It will help you manage your emotions, take back control over your life, make empowered choices and, when you are ready, create the blueprint you need for your new and vibrant life.



Claire Black is one of the UK's leading Break-up and Divorce Coaches. She offers bespoke coaching to support individuals through break-up, so that they can create new and fulfilling lives. Claire is a Master NLP Coach, divorcee, second wife, mum to two teenage boys, and former solicitor. She runs a

thriving coaching business, helping clients all over the world to recover from break-up, separation and divorce.

Find Claire at www.claireblackcoaching.com

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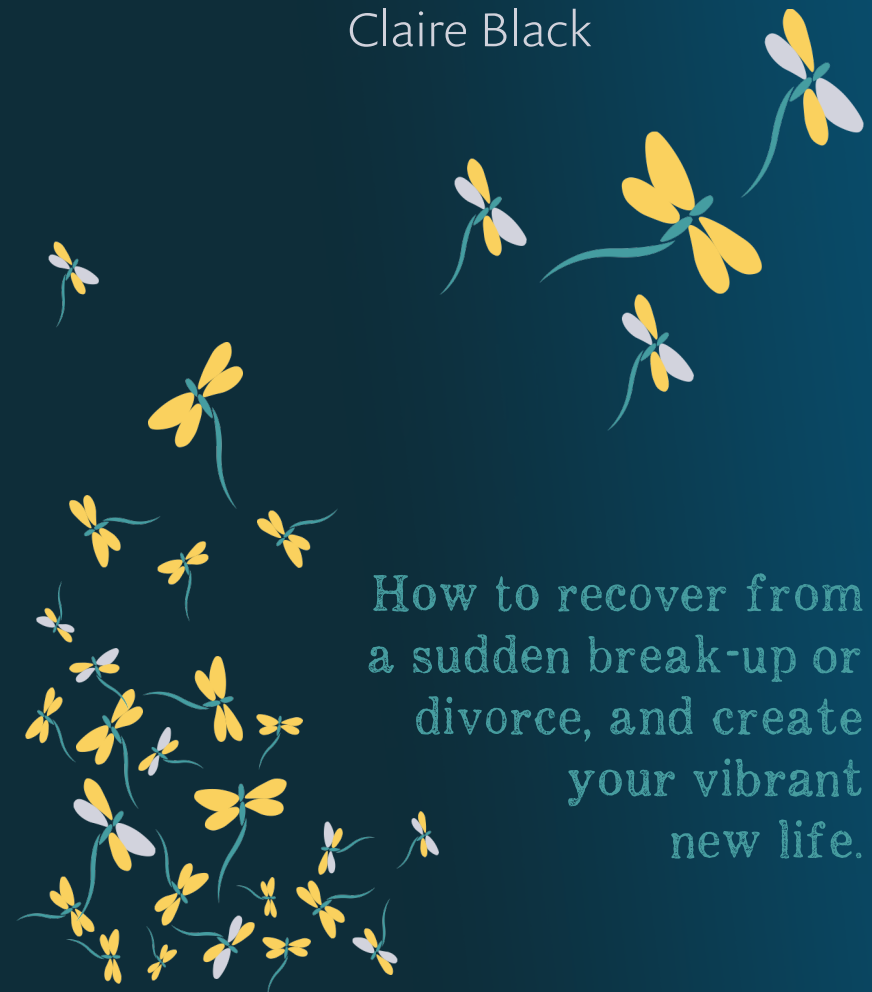
Break-up

From crisis to confidence

Claire Black

Break-up From crisis to confidence

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How to recover from a sudden break-up or divorce, and create your vibrant new life.