?Can we recover from a broken heart?

Tuesday 1 November, 2016

Britain's leading expert in **love addiction**, relationship counsellor Helen Mia Harris, believes that **unrequited love** is one of the most difficult personal problems we can experience.

Her new online recovery programme **Fiercely Attached**: When Your **YEARNING** for Love is **STRONGER** than **YOU – *understanding hungry love is …….***

Helen was featured on Sky's 'A Different Kind of Woman – **Where Do Broken Hearts Go**?' a show in which Helen discussed the emotional aftermath of broken hearts, co-dependency and failed relationships.

"Many people lose themselves when they fall in love. When a relationship fails, feelings of rejection, shock, despair and helplessness are just some of the issues that we have to cope with," Helen explains. "When your yearning for love is stronger than your own well-being, the loss of your significant other becomes all-consuming."

Using grief and relationship counselling techniques developed over 25 years in hospitals, Marie Curie medical centres, women's prisons and in private practice, Helen has created and written a 7.5 hour programme.

This online programme shows that recovering from **lovesickness** is a process of self-discovery and self-empowerment. Using guided imagery and daily exercises, the programme enables men and women who are suffering from anxiety, a sense of betrayal and unyielding heartache to rebuild their lives.

The programme includes a free copy of Helen's empowering **Heartbreak Recovery Workbook**. In this 345 page book, Helen opens her heart and shares her personal story of **love addiction**, as a way to help others understand that it is possible to live wholeheartedly without losing yourself in your loved one.

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Recover from a broken heart and Fiercely Attached Programme (Program in USA)

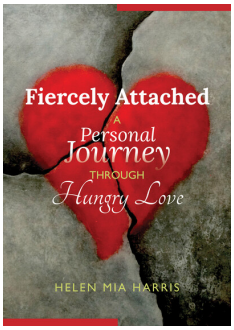
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Helen Mia Harris' Online Self-Development Love Addiction ...

www.recoverfromabrokenheart.com

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