



# Mars and Venus Starting Over: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce, or the Loss of a Loved One

By John Gray

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*Is it possible to find love again after a breakup, death, or divorce?*

At the end of a relationship, it can sometimes feel like the end of the world. Devastation, loneliness, and bitterness are some emotions that exist due to a breakup, divorce, or the loss of a loved one. But with the help of this compassionate guide, Dr. John Gray expresses that you will survive and tells you how to find love again.

While the process of healing is similar with both sexes, there are distinct differences between the ways men and women heal their bruised hearts. In *Mars and Venus Starting Over*, Dr. Gray offers gender-specific advice on how to:

- Deal with pain
- Find forgiveness
- Discover the strength to let go
- Rebuild confidence
- Rise to the challenge of finding fulfillment again

Filled with gentle guidance, healing practices, and compassionate wisdom, *Mars and Venus Starting Over* will help men and women explore the meaning of loss, find their way through the healing process, and discover the secret to moving on.

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