

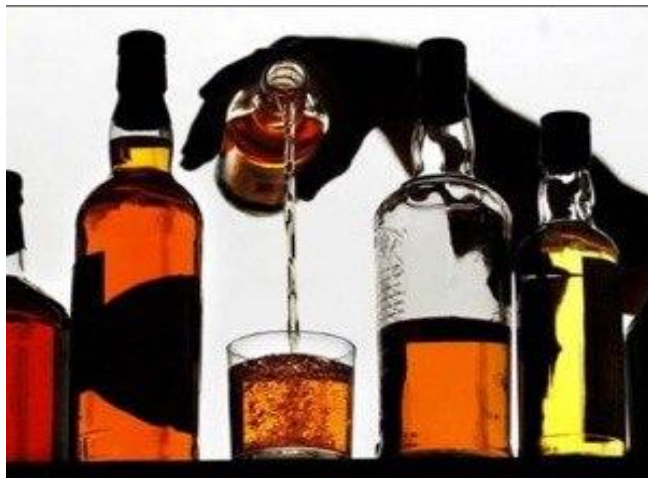
# 10 RULES OF HEALING A BROKEN HEART



# 1. FIRSTLY AFTER THE END OF THE RELATIONSHIP, JUST GET DRUNK



the hardest part is the first day after your broken heart. That would be in this day to forget about breaking up with someone you need to go to the bar. Tell: "Another shot of whisky please bartender, keep it coming till I don't remember at all how bad it hurts when he's gone!"



## 2. SECONDLY, THE NEXT MORNING TURN THE MUSIC UP A LITTLE BIT LOUDER

*this hard, but feel yourself  
happy. Music is the tool  
recover from the pain. Sing,  
dance, shout, swear. This will  
help you to get rid of pain*



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### 3. OUT OF SIGHT, OUT OF MIND.

- ◉ *it will be easier if you stop all contact with him. Do not communicate with his friends. Don't talk about it. You're starting from scraych!*



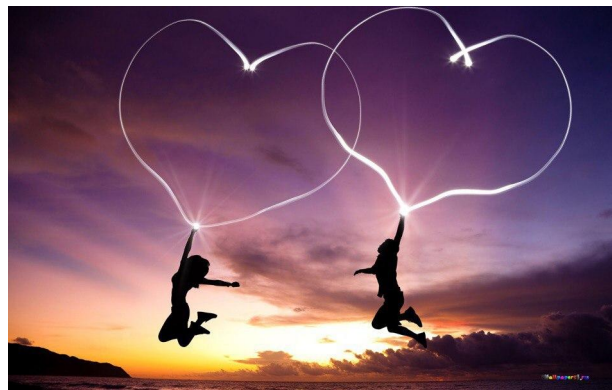
## 4. THEN CHANGE THE APPEARANCE

- ◉ *psychologists say: "to heal a broken heart you need to change something in yourself. Try to Change your hairstyle, update your wardrobe, go to a Spa. Try to start a new hobby, Pogi tennis, go dancing. Try and meet new interesting people.*



# 5. BELIEVE IN LOVE AGAIN

- ◉ *Your heart is broken. Nothing else hurts like his do. It's not your fault to think he'll be true. You think: "Who knew that love was so cruel?" This is not always the case. This person was not your destiny. You need to know it was an experience. You passed and now you're ready for more. The next relationship will be better. The next person will be better. And he will take care of you and love you.*



## 6. REMEMBER THIS EXPERIENCE.

- Remember all the errors and try not to repeat them again.



## 7. LOVE YOURSELF.



- It's important to love yourself. No man can make you happy if you're unhappy. Your happiness is your concern. And the first rule on the road to happiness: love yourself. No matter what your skin color, eyes, hair. You are wonderful! Always remember that!





## 8. ALWAYS SMILES

- Make sure you smile a lot; you got a great smile. Your smile draw immediate attention.




## 9. ENJOY YOUR LIFE

- You have a very beautiful life. Never forget it! See the world, enjoy your story, enjoy this golden time when you freedom, enjoy your work, have fun playing with yourself, just relax and enjoy the moment.



# 10. FINALLY, BE HAPPY.



(I'M READY TO BE HAPPY.)

- ◉ - I wish you from all my heart, that you will find your luck.