

Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One

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# Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One

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Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One Evolvo After a breakup or the loss of a loved one, we might think that we will never be able to love someone again. But if we deal with our pain the right way and allow ourselves to open our heart again, we will be able to move on and find happiness and fulfillment in our life.

### Who should read this book:

- Anyone who has lost a loved one or gone through a painful breakup.
- People who want to find out how to deal with their pain and reenter the dating world.
- Anyone looking for ways to become more confident and find happiness.

# In this summary:

Chapter 1: Complete the healing process before getting involved again

Chapter 2: Grieve your loss by experiencing all four healing emotions

Chapter 3: The feeling better exercise

Chapter 4: Let go of the past and focus on the future

Chapter 5: Starting over on Venus

Chapter 6: Women should scale down their expectations

Chapter 7: Distracting ourselves can keep us from completing the healing process

Chapter 8: Starting over on Mars

Chapter 9: It is important to let go of the past before moving on

Chapter 10: Don't be afraid to make a commitment

Chapter 11: Final Summary

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### From reader reviews:

# **Eddie Nelson:**

Now a day folks who Living in the era just where everything reachable by match the internet and the resources in it can be true or not involve people to be aware of each data they get. How many people to be smart in obtaining any information nowadays? Of course the solution is reading a book. Reading through a book can help men and women out of this uncertainty Information especially this Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One book as this book offers you rich details and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it you know.

## **Mary Crouch:**

Often the book Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One will bring that you the new experience of reading a new book. The author style to explain the idea is very unique. In the event you try to find new book to see, this book very suitable to you. The book Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One is much recommended to you to see. You can also get the e-book from your official web site, so you can quicker to read the book.

# **Dorothy Walker:**

The book untitled Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One contain a lot of information on this. The writer explains your girlfriend idea with easy approach. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author will take you in the new period of literary works. It is easy to read this book because you can read on your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official website and also order it. Have a nice read.

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