



Coming Apart: Why Relationships End and How to Live Through the Ending of Yours

Daphne Rose Kingma

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Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. *Coming Apart* is a first-aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self-esteem intact.

Daphne Rose Kingma, the undisputed expert on matters of the heart, explores the critical facets of relationship breakdowns:

- Love myths: why we are really in relationships
- The life span of love
- The emotional and unconscious processes of parting
- How to get through the ending
- How to create a personal workbook for finding resolution

Originally published in 1987, and continuously in print since then, with more than half a million copies sold, *Coming Apart* has been an important resource for hundreds of thousands of readers experiencing the pain and stress of a break-up. For anyone going through the ending of a relationship Kingma is a caring, sensitive guide.

This re-packaged edition includes a new introduction by the author.

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