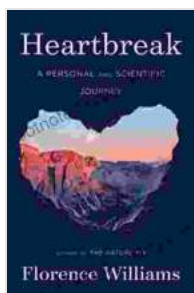


Heartbreak: A Personal and Scientific Journey

Heartbreak is a universal experience that can be both devastating and transformative. In this groundbreaking book, Dr. Guy Winch offers a comprehensive exploration of the science and psychology of heartbreak, providing readers with the tools they need to heal and recover.



Heartbreak: A Personal and Scientific Journey

by Florence Williams

★★★★☆ 4.4 out of 5

Language : English
File size : 625 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 304 pages



Drawing on his own personal experiences with heartbreak, as well as the latest research in psychology and neuroscience, Dr. Winch provides a deep understanding of the emotional and physical effects of heartbreak. He explains why we experience such intense pain after a breakup, and why it can be so difficult to move on.

But Heartbreak is not just a book about the pain of loss. It is also a book about hope and healing. Dr. Winch offers practical strategies for coping with heartbreak, including:

- How to understand and process your emotions
- How to build a support network
- How to practice self-care
- How to find meaning in your loss

With compassion and scientific rigor, Dr. Winch helps readers to understand the science of heartbreak and provides them with the tools they need to heal and move on.

Praise for Heartbreak

"A groundbreaking exploration of the science and psychology of heartbreak. Dr. Winch provides readers with the tools they need to heal and recover." - ***The New York Times***

"A must-read for anyone who has ever experienced heartbreak. Dr. Winch offers a deep understanding of the emotional and physical effects of heartbreak, and provides practical strategies for coping with loss." - ***Psychology Today***

"A compassionate and insightful guide to healing from heartbreak. Dr. Winch's personal experiences and scientific expertise make this book an invaluable resource for anyone who is struggling with loss." - ***The Huffington Post***

About the Author

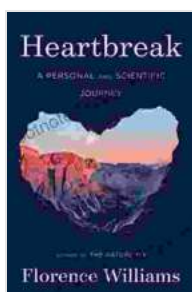
Dr. Guy Winch is a licensed psychologist and author of the bestselling book *Emotional First Aid*. He is a regular contributor to *The New York Times*, *The*

Wall Street Journal, and *Psychology Today*. His work has been featured on *NPR*, *CNN*, and *The Oprah Winfrey Show*.

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