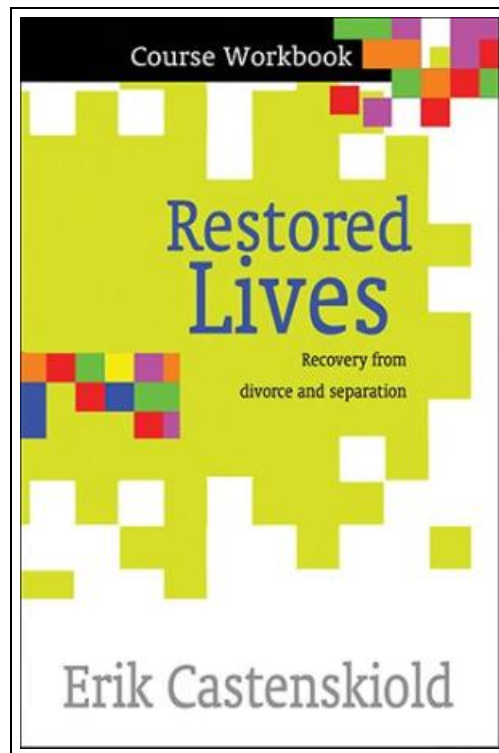


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Lion Hudson Plc, United Kingdom, 2013. Paperback. Condition: New. New edition. Language: English . Brand New Book. This workbook is developed from the Restored Lives course that Erik Castenskiold has been running at Holy Trinity Brompton, London, over ten years. Restored Lives will help you to recover from the experience of divorce or relationship breakdown, and rebuild self-confidence. It offers the real possibility that you can have a restored, fulfilled and happy life. The workbook is designed to be used in conjunction with the DVD and main book (details below). The Restored Lives course outlines the journey of breakdown and recovery. It provides practical examples and methods for communicating well with your ex, handling conflict, and parenting together, as well as how to deal with legal issues. Erik shows how it is possible to let go of past pain and build strong relationships across your life. The Restored Lives range: Book: 978-0-85721-476-8 Seven session DVD with full presentations: 978-0-85721-479-9 Workbook, single copy: 978-0-85721-478-2 Workbook, pack of ten: 978-0-85721-477-5.

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