



The Breaking Point: A Full-Circle Journey, Workbook & Journal: Living Life beyond All the Broken Pieces

Michelle Hannah

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This companion journal and workbook to *The Breaking Point: A Full-Circle Journey* offers a self-reflective learning tool designed to help you change your life and achieve your goals. Designed to be used alongside the main text, this edition challenges you to tell and embrace the truth and to take actions that motivate you, answer your questions, open your soul, and inspire you to explore the possibilities in what once seemed impossible. Author Michelle Hannah, a certified relationship coach, presents a four-pronged approach to helping you improve your feelings of self-esteem in order to move through difficult life changes. She addresses the phases of the four Bs - breakup, breakdown, breakthrough, and breakout - that help you come full circle in the most critical areas of your life, including relationships, health, family, and work. Using examples from her personal journey and offering pertinent exercises, Hannah shows how moving through the four Bs can facilitate your understanding of how to live every day beyond the fear, pain, brokenness, and disappointment and help you move toward a healthy and happy life.

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