



# Climbing Out From Under: A Handbook for Heartbreak

*Deborah B Pardes, Dr. Caron Post*

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Heartbreak. It steals your oxygen, making it hard for you to breathe. The sheer force of it leans on your body like a building settling into the ground. Heavy. Oppressive. It leaves you no choice but to buckle under its weight. And in this compressed space, you wonder what the next sensation is going to be. Where can you possibly go from here?

Start here.

Heartbreak is universal. It happens when dreams die, when lovers leave, when someone or something you counted on as a constant is no longer there. But the pain heartbreak causes can be eased, understood and, ultimately, worked through to bring you to a place of purpose and joy.

Climbing Out from Under: A Handbook for Heartbreak is a practical, affirming, and inspiring manual for moving through heartbreak to wholeness. Dr. Caron Post and Deborah Pardes marry the science and art of change and transformation to help readers build knowledge, skill, and capacity—not merely to cope but to grow. Their roadmap includes:

What to do when you feel isolated, alone, and unaccepting With proven successful strategies and true stories of pain and revival, Climbing Out from Under: A Handbook for Heartbreak will inspire immediate action and deliver powerful personal results, and is destined to become the go-to companion for life's inevitable heartbreaks—big and small. Join our community at [www.climbingoutfromunder.com](http://www.climbingoutfromunder.com) Small enough to read in one sitting and deep enough to carry around for a lifetime...

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