



# **Will I Ever Love Again?: A guide to navigating mid-life break-ups and successfully moving on to someone better.**

*Dr. Pamela Silver*

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It may be a cliché, but it's true: you're hurting. It can be devastating to realize that all the effort and investment you put into a longstanding relationship, has been wasted. You may be asking yourself if you will love that way ever again. You may even be suffering from the physical symptoms of grieving or withdrawal, like increased heart rate, tightness, a lump in your throat, dizziness, or a queasy stomach. Full disclosure: you may not love in the same way ever again. But here's the good news: there is every probability that, yes, you will love again, but in a way so different, that especially now, you cannot possibly imagine how wonderful it will be. So take a couple of slow, deep breaths, in and out. Read on, and I will walk you through the steps of how to think about this loss, renew yourself, and be open to the universe of possibilities for mature and sublime fulfillment in your personal and intimate life.

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