



Failure is failure. I had failed... miserably! I suck at break-ups but who doesn't? I was the guy next door who "had it all together!" But that's not what goes on inside.

My experience had shame written all over it, a significant departure from the person I thought I was. Failing emotionally started a journey filled with the very real pain of heartbreak and the smothering cloud of depression. I discovered what vulnerability really was and how my generation ran from it.

Search your own heart and find those scars. They never really heal but they become a better part of us. To get through a day you sometimes need some assurance that you are not alone. For those who need to know there is another day worth living, you're welcome to share this journey.

*"Emotional heartbreak and the author's journey out of the debris of hurt and chaos. A great tool for self-exploration."*

**Shireen Jabry, Author**

*"An excellent, deeply personal and emotional book about a healing process; of "growing" into a person who can passionately love and let go of the past."*

**Hanlie Wroth, International Publishing Sales Manager (Retired)**

*"An emotionally raw perspective on a transforming journey of healing."*

*Unlike anything I've read, it's refreshing to see the yang to our yin. A captivating must-read."*

**Sharene Ann, Intuitive Life Coach**

Web address ????????????????????

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*Rick realized later in life that bucket lists and passion were very important for a life lived, not observed. From the highs of climbing Kilimanjaro to the lows of a deeper emotional abyss and back again, what started out as a personal healing process turned into a transformational journey. His motivation to learn and understand vulnerability, depression, anxiety and heartbreak led to the discovery of how mindfulness could help the healing process. More importantly, he learned to understand how people in emotional conflict needed to feel they are not alone.*

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**The PRICE of HEARTBREAK** Rick SHARPE



# The PRICE of HEARTBREAK



Healing is mindfully feeling



**RICK SHARPE**

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216 mm x 140 mm

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11.17mm

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216 mm x 140 mm

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