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Getting Over a Break Up After helping thousands of people through the process of getting over a break up, I started to notice some interesting patterns. I found that people who naturally recover faster after a break up have a different "mindset" than people who spend a long time suffering over the loss of their ex.

The 7 Secrets to Getting Over a Relationship

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How to Get Over Someone You Obsess Over. In this Article: Help Handling Obsessive Thoughts Controlling Obsessive Thoughts Keeping Your Mind Occupied Seeking Support from Others Community Q&A Getting over someone you're obsessed with is tough, but there are ways of keeping obsessive thoughts or behaviors in check.

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