



# FROM BREAKUP TO BREAKTHROUGH

*Deborah E. Johnson Ph.D.*

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## **FROM BREAKUP TO BREAKTHROUGH** Deborah E. Johnson Ph.D.

Are you ready to discover how to recover from your breakup and discover joy and triumph over your life? If your answer is "YES", just know that help is right here at your fingertips. Dr. Deborah Johnson's book "FROM BREAKUP TO BREAKTHROUGH (A Woman's Guide to Recovery and Triumph)" contains secrets that can propel you through the breakup and to heights you never dreamed possible. Included in this book are proven strategies from her "Breakup/Recovery/Breakthrough (BRB) Model" that can help you to negotiate your way through each step of the Breakup-to-Breakthrough process and to come out a winner. Here are just a few of the strategies you can learn from Dr. Johnson's guide: • How to assess what was real rather than imagined in the relationship • Things to avoid at all costs during your recovery • How the same God whom you may be angry at for your situation will be the same God who can actually bring you through your breakup triumphantly • How to restructure your thoughts and words to your advantage Based on her own experiences as well as those of her clients and friends, Dr. Johnson has developed a model for recovery, growth, and triumph that can work for you. Dr. Deborah Johnson is a/an author, counselor, educator, and workshop and conference presenter. She has counseled women of all ages and taught at the university and community college levels. She is an expert in women's issues and identity development. She holds a Master's Degree and a Doctoral Degree in Counseling from North Carolina State University. Prior to her career in education, she was employed by the Federal Government, including a position as the Administrative Assistant to the Chief Usher at the White House. A native of Washington, DC, she currently resides in the state of Maryland.

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