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Finding You Again: How to Survive a Breakup

David Keyssecker

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Finding You Again was written to help men on their emotional journey after they have been left by a romantic partner. David Keyssecker, an experienced naturopath and counselor, tells his own story and how he overcame his emotional turmoil. The audiobook also gives examples of how David’s clients experienced the process of separation, and how they coped with this traumatic event.

In combination with personal recollections and simple exercises used by David in his counseling, *Finding You Again* is not only a raw memoir, but also an empowering call for positivity and self-knowledge. Learn to find yourself again?and to be confident about who you are and what you want.

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