



**Mars and Venus Starting Over: Summary of the  
Key Ideas - Original Book by John Gray: A  
Practical Guide for Finding Love Again After a  
Painful Breakup, Divorce or the Loss of a Loved  
One**

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# Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One

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## **Mars and Venus Starting Over: Summary of the Key Ideas - Original Book by John Gray: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce or the Loss of a Loved One** Evolvo

After a breakup or the loss of a loved one, we might think that we will never be able to love someone again. But if we deal with our pain the right way and allow ourselves to open our heart again, we will be able to move on and find happiness and fulfillment in our life.

Who should read this book:

- Anyone who has lost a loved one or gone through a painful breakup.
- People who want to find out how to deal with their pain and reenter the dating world.
- Anyone looking for ways to become more confident and find happiness.

In this summary:

Chapter 1: Complete the healing process before getting involved again

Chapter 2: Grieve your loss by experiencing all four healing emotions

Chapter 3: The feeling better exercise

Chapter 4: Let go of the past and focus on the future

Chapter 5: Starting over on Venus

Chapter 6: Women should scale down their expectations

Chapter 7: Distracting ourselves can keep us from completing the healing process

Chapter 8: Starting over on Mars

Chapter 9: It is important to let go of the past before moving on

Chapter 10: Don't be afraid to make a commitment

Chapter 11: Final Summary

Evolvo opinion

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