

About The Author

Jeanette Castelli is an expert in personal leadership, relationships and recovery. Her education includes a Masters of Science of Psychology in Mental Health, a Bachelors of Science of Psychology and a Masters of Business Administration.

In her trademark user-friendly style, described as a “Workshop-In-A-Book[®],” she has written two books: *The Joy Of Dating Again* and *Extreme Breakup Recovery*. Her writing focuses on self-empowerment and learning through insight and action. She believes in “doing and not just reading,” to create true changes in life.

Based on her experience as a therapist and coach, and her own research, Castelli developed the Extreme F.A.S.T. method for breakup recovery.

Her deep emotional healing method, presented in the book *Extreme Breakup Recovery*, has proven to be effective, successful and permanent, in dealing with long-term or deep emotional pain.

In her book, *The Joy Of Dating Again*, you will discover the 21 Self-Empowering keys to create a powerful, transforming and joyful dating experience.

To contact the author, send feedback or comments:

E-mail to Publisher@Urbantex.com