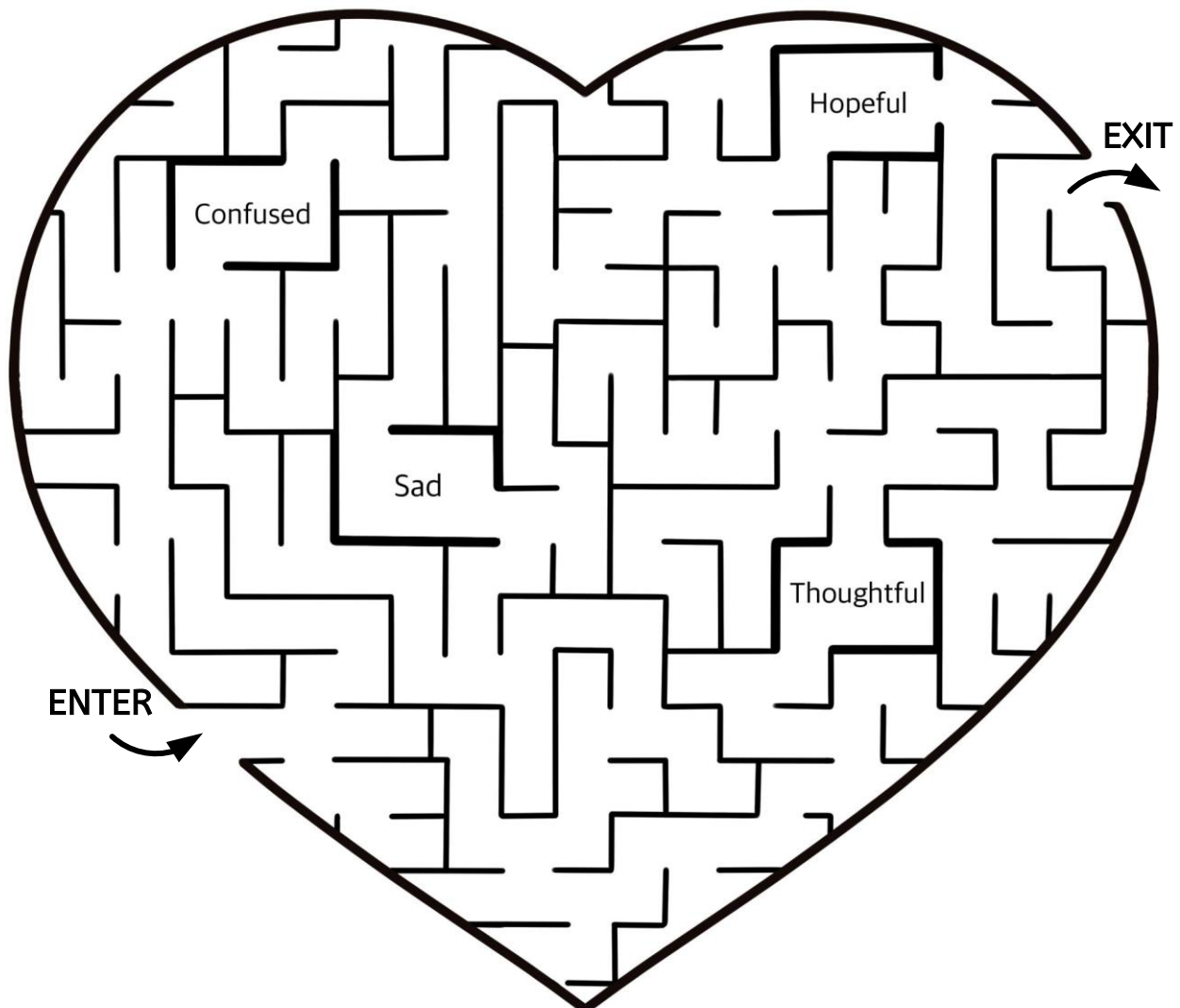


Historical books and writings can help us to understand what heartbreak is and how to heal from it.

YOUR CHALLENGE: Can you find your way through the heartbreak maze, passing through each of the words on your way?



Sally works in the School of History and is researching what it feels like to lose someone you love, and how these big feelings affect our bodies and minds.

By learning more about how people coped with sad feelings in the past, we can help people to feel better today, and support each other through difficult moments.