

How To Break Up With Your Phone: The 30 Day Plan To Take Back Your Life

You picked up this book because your breakup has been reduced to something that you feel you must "win" to emotionally survive and move on. This reduction can only take place if you were involved with a toxic person. Toxic people are selfish, empathetically bankrupt, and have a limited relationship with reality. Anyone who feels validated by exploiting your hunger for theirs is toxic—to your peace, your life, and your mental health. Breakups aren't won by game-playing or vilifying your ex. They're won by realizing that winning is losing a partner who has proven to be a dead end. A new life is waiting for you at the end of this journey. In Win Your Breakup, relationship and self-help coach Natasha Adams presents the opportunity for a life with relationships that you don't have to tolerate and eggshell-walk your way through. It's a life in which your ex regrets the day they ever decided to breach your trust and break your heart; a life in which those who took you for granted wish you could find a way back into theirs. In this life, you can choose to walk away from toxicity—no more trying to be the person someone may want, may commit to, and may treat with respect. This life is about to be your own.

"I'm not like a core honest, beyond what most people are capable of, especially in public on the topic of faith."
-Kelly Corrigan, New York Times bestselling author of The Middle Place
In the tradition of Barbara Brown Taylor and Sue Monk Kidd, Sarah Sentilles offers a poignant, beautifully wroughtmemoir of her personal crisis of faith. Sentilleswas on the way to becoming a priest when she ultimately faced the truth: she nolonger believed. Her moving story examines the question of how youleave the most powerful being in the universe—and, if you do, where do you go? Breaking Up with God is an inspiringreflection no matter where you stand on the matter of faith.

A contemporary story about life in foster care, perfect for fans of Jacqueline Wilson. Ruby Ali's eighteen-year-old sister Alisha has left the care centre where they live, and Ruby is being sent to live with a new foster family. If she can sabotage life at her new home, she'll get to go and live with her sister again, right? But mission break up doesn't go exactly according to plan... This funny, heart-warming story features black-and-white illustrations by Parwinder Singh. The Bloomsbury Readers series is packed with book-banded stories to get children reading independently in Key Stage 2 by award-winning authors like double Carnegie Medal winner Geraldine McCaughrean and Waterstones Prize winner Patrice Lawrence. With black and white illustrations and online guided reading notes written by the Centre for Literacy in Primary Education (CLPE), this series is ideal for home and school.

For more information visit www.blomcsburyguidereading.com. Book Band: Dark Red (Ideal for ages 10+)

Win an easy three-step plan, Mindful Drinking: How To Break Up With Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: How to Break Up With Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

Break Up - Get Your Life Back In 30 Days After A Break Up Or Divorce - For Men

The 30-Day Plan to Take Back Your Life

How to Break Up With Anyone

The Break-Up Book

How to Break Up with Your Friends

How to Break Up with Anyone from Your Best Friend to Your Hairdresser

How To Break Up With Fast Fashion Notebook

One of FORBES Best Graphic Novels of 2019 On BCCB 2019 Blue Ribbons List One of NPR's Best Books of 2019 Booklist 2019 Editors' Choice One of Bitch Media's Best Queer YA Novels of 2019 Author Mariko Tamaki and illustrator Rosemary Valero-O'Connell bring to life a sweet and spirited tale of young love in Laura Dean Keeps Breaking Up with Me, a graphic novel that asks us to consider what happens when we ditch the toxic relationships we crave to embrace the healthy ones we need. Laura Dean, the most popular girl in high school, was Frederica Riley's dream girl: charming, confident, and SO cute. There's just one problem: Laura Dean is maybe not the greatest girlfriend. Reeling from her latest break up, Freddy's best friend, Doodle, introduces her to the Seek-Her, a mysterious medium, who leaves Freddy some cryptic parting words: break up with her. But Laura Dean keeps coming back, and as their relationship spirals further out of her control, Freddy has to wonder if it's really Laura Dean that's the problem. Maybe it's Freddy, who is rapidly losing her friends, including Doodle, who needs her now more than ever. Fortunately for Freddy, there are new friends, and the insight of advice columnists like Anna Vics to help him through being a teenager in love.

Breaking up with a person is never an easy or fun thing to do. There is a lot of emotion that is associated with it and tends to lend itself to a great amount of stress for a person. Knowing when it is time to call it quits and how to go about this will be an important part of the breakup process. Many men and women are not skilled enough to know the things that need to be done when going through the process of a breakup. While it is not always possible to have your very own love expert there to walk you through the process. Having articles that you can refer to will be the next best thing for a person. Often just the slightest word of encouragement will be all that a person needs to get them through the tough times that will lie ahead of them. The Break Up Guide Can Help From the telling a person that things are over all the way to the point of the getting over the breakup there has to be a system that is in place that will allow them the chance to get through the tough times and allow them to see that you will get past the hurt feelings and that you have the power to be one of the strongest people around. Taking advice from people that have been there will make the entire process seem a lot more doable and will not allow a person the chance to lose their nerve to do the hard job of breaking up with a man or woman as well as give them the strength that they need to survive the fallout of the breakup. Let The Break Up Guide Help! Please Visit www.stewartbooklife.com

"When it comes to dating, I seem to be going around in a circle. The ones I want don't want me, and the ones who want me, I don't want."
-Amelia "I don't know, I just think there's too much miscommunication between guys and girls. I mean, no one knows what the fuck is going on. We need to have the discussion. We need to vent it and get it out in the open," I said, grabbing my drink from the bedside table. _____ sat on the edge of the bed and put his shirt back on. "What do you want to know?" "I just want to know what guys are thinking. I mean we have sex and stuff and nothing lasting ever comes of it," I said, taking a cigarette out and lighting it. I knew I shouldn't be smoking in the room, but I was too drunk to care. "I don't think I should say. We don't know everything girls are thinking. I think some things are better left unsaid." "I want to know. I'd prefer shit to be clearer, because I'm always confused," I replied. I could tell he was still a bit sexually frustrated, but he seemed okay to chat. "Go ahead then, ask what you want. I'll try give it to you as straight as I can. But don't hate the messenger," _____ responded, taking the champagne from my hand and having some. "I won't promise. So why do guys act so interested and then not get in touch at all? " I asked. Excerpt taken from The Modern Break-Up.

Causes, Prevention, and Survival

Falling in Epic Love with Your Life

Break up

If We Ever Break Up, This Is My Book

A Novel

The Art of Breaking Up

How to Avoid, Leave, and Recover from Negative Relationships

If you're not having fun, you're not fully living. The author of How to Break Up with Your Phone makes the case that, far from being frivolous, fun is actually critical to our well-being—and shows us how to have more of it. "This delightful book might just be what we need to start flourishing."—#1 New York Times bestselling author Adam Grant Journalist and screen/life balance expert Catherine Price argues persuasively that our always-on, tech-addicted lifestyles have led us to obsess over intangible concepts such as happiness while obscuring the fact that real happiness lies in the everyday experience of fun. We often think of fun as indulgent, even immature and selfish. We claim to not have time for it, even as we find hours a day for what Price calls Fake Fun—binging on television, doomscrolling the news, or posting photos to social media, all in hopes of filling some of the emptiness we feel inside. In this follow-up to her hit book How to Break Up with Your Phone, Price makes the case that True Fun—which she defines as the magical confluence of playfulness, connection, and flow—will give us the fulfillment we desperately seek. If you use True Fun as your compass, you will be happier and healthier. You will be more productive, less stressed, and less stressed. You will find community and a sense of purpose. You will stop languishing and start flourishing. And best of all? You'll enjoy the process. Weaving together scientific research with personal experience, Price reveals the surprising mental, physical, and cognitive benefits of fun, and offers a practical, personalized plan for how we can achieve better screen/life balance and attract more True Fun into our daily lives.

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a proven plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

A proven plan to break free from your unhealthy relationship with Sugar - and reclaim your health and your life for good. The solution to your food and weight problems isn't willpower or the next fat diet - It's breaking up with Sugar. Molly Carmel, an eating disorder therapist with a thriving clinic in New York City, discovered the devastating role Sugar played in her own 20-year struggle with disordered eating. After reaching a peak weight of 325 pounds and trying every diet imaginable, Molly was finally able to dramatically transform her life--and find her happiness breaking up with Sugar. Molly has since helped thousands of people overcome compulsive overeating, repetitive dieting, and Sugar addiction to reinvent their lives. Here, she shares her empowering 66-day blueprint for kicking Sugar to the curb - once and for all. Molly explains how Sugar is not only bad for your health, it's also a substance with highly addictive potential - one that creates physical, neurological, and hormonal changes that often make moderation impossible. This is the first book to address the emotional, spiritual, chemical, and physical components of this toxic relationship and help guide you through the steps to create a new and lasting relationship with food...and with yourself. Breaking Up with Sugar includes step-by-step meal plans to take the guesswork out of going Sugar-free, as well as seven key self-affirming vows you can rely on to help end the overeating and dieting cycle and release unhealthy weight. With empathy, honesty, and humor as your trusted coach and friend, Molly gives you essential tools to navigate this new way of eating when life gets "life-y" or times get tough. Her sustainable reprogram you on the path to true freedom.

Not all relationships are made to last forever. Sometimes what started as a beautiful friendship or productive partnership can turn toxic, or one-sided, or unhealthy and the best solution for both parties is to end it. InHow to Break Up With Anyone, relationship expert Jamey Waxman has written the much-needed guide to every step of a non-romantic breakup. Drawing from her personal and professional experiences, Jamey walks through the process of disengaging from a friend, family member, community, or even former version of oneself, addressing both the practicalities and emotional considerations of what it means to break up. While ending a relationship might sometimes be painful, Jamey keeps the message positive, focusing on the ultimately liberating aspects of putting unhealthy relationships to rest. Jamey also includes firsthand advice and guidance for those who have been broken up with and are looking for answers. How to Break Up With Anyone provides the tools for anyone to initiate a breakup, the encouragement to get through it, and the wisdom to recognize that they don't have to settle for anything less than productive, healthy relationships. Covering a variety of relationships, How to Break Up With Anyone is a timeless resource.

The Power of Fun

The Modern Break-Up

Surviving the Breakup: Saying Goodbye to Your Best Friend

Breakup Bootcamp

The Five Step Guide to Get Over Your Ex, Break Bad Habits and Learn to Love Yourself

Ruby Ali's Mission Break Up: A Bloomsbury Reader

The Breakup Workbook

We all have that one friend. The one who expects the world, but never remembers your birthday. The one who constantly ditches your dinner plans when you're already halfway to the restaurant. The one who leaves you feeling exhausted, used and completely emotionally battered. Why do we let these people into our lives? When is their friendship actually friend-shit? How do we dump these crappy companions? This is the no-bullshit, essential guide for anyone devoting their precious time and energy into maintaining friendships with toxic friends. Using activities, truth bombs, and real-life examples, neuropsychologist Dr Hannah Korrel will help you to identify the bad friends in your life, understand what true friendship should look like, learn how to attract the best people, and become the best friend you can be yourself. Provocative, funny, and brutally honest, How To Break Up With Friends will change the way you look at friendship forever.

A novel, in essays that locates a "romance" within the mesh of electronic communication. So I didn't call you: instead I posted a new avatar of myself without my habitual dark glasses. I have awarred: an image, any image, is a blind. All avatars give different information, illusions of contact called Telepresence, none of them the real thing. You texted me, 3 am, from some station ... As though it made any difference. The essential female companion from the moment he walks out of your life. The Girls Guide to Surviving a Break-Up offers step-by-step advice for coping over him, including: " What to do first night " How not to drink & Call " How to tell parents and friends about the breakup " The most effective way to pamper yourself " How to express your anger without landing in jail " Tips for surprise run-ins with your ex " The top five movies to get you through the worst times " And much more! An inspiring mix of sage advice, go-girl humor, lonelyhearts empathy, and practical fun, The Girls' Guide offers quizzes, Top Five Lists, must-do activities, and sound guidelines for weathering a period that—if it can only be lived through—will leave anyone stronger.

Named one of 2021 's Best Beach Reads by Bustle - Country Living - Cosmopolitan - Augusta Chronicle - E! Online - PureWow - SheReads - and more! Breakups, like book clubs, come in many shapes and sizes and can take us on unexpected journeys as four women discover in this funny and heartwarming exploration of friendship from the USA Today bestselling author of Ten Beach Road and My Ex-Best Friend 's Wedding. On paper, Jazmine, Judith, Erin and Sara have little in common — they 're very different people leading very different lives. And yet at book club meetings in an historic carriage house turned bookstore, they bond over a shared love of reading (and more than a little wine) as well as the growing realization that their lives are not turning out like they expected. Former tennis star Jazmine is a top sports agent balancing a career and single motherhood. Judith is an empty nester questioning her marriage and the supporting role she chose. Erin 's high school sweetheart and fiancé develops a bad case of cold feet, and Sara 's husband takes a job out of town saddling Sara with a difficult mother-in-law who believes her son could have done better — not exactly the roommate most women dream of. With the help of books, laughter, and the joy of ever evolving friendships, Jazmine, Judith, Erin and Sara find the courage to navigate new and surprising chapters of their lives as they seek their own versions of happily-ever-after.

A humorous but helpful handbook offers survival strategies for women who are getting over Mr. Wrong and struggling to rebuild their lives, covering everything from ending a relationship permanently to finding a brighter romantic future.

Divorce the Diets, Drop the Pounds, and Live Your Best Life

Laura Dean Keeps Breaking Up with Me

A Novel in Essays

A Love Story

How To Break Up With Friends

How To Break Up With Alcohol

#1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with milk medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a F**k so we need to figure out which ones really matter. Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor. The Subtle Art of Not Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

You are here because you are in a lot of pain. Your heart has been broken into a million pieces and the person that you love is gone. This is a really hard place to be and nobody wants to be here. The book starts where you are, as the author documents the experience of being left by his wife. Then it begins a path to help you through the process of solitude, discovery, and healing. The book is simple, straightforward, and full of vulnerability and honesty. It skips the arrogant and condescending nature of many self-help books, and instead speaks from the heart. Mr. Vineberg imbues the text with his heart and soul, sharing hard-earned wisdom that stems from his own introspection and suffering. Left Alone to Learn is about love, respect, and intimate relationships. It offers essential insights into the nature of human interactions. It fortifies your spirit and soothes your headache. It is direct and to the point, and most importantly - it works!

You don't know what you're looking for until you find it.

Make Up Break Up, the sparkling and heartfelt romantic comedy debut from Lily Menon Love, romance, second chances, fairy-tale endings...these are the things Annika Dev believes in. Her app, Make Up, has been called the "Google Translate for falling relationships." High efficiency breakup apps, flashy start-ups, penthouses, fast cars...these are the things Hudson Craft believes in. His app, Break Up, is known as the "Uber for break-ups." It's wildly successful—and anathema to Annika's life philosophy. Which wouldn't be a problem if they'd gone their separate ways after that summer fling in Las Vegas, never to see each other again. Unfortunately for Annika, Hudson's moving not just into her office building, but into the office right next to hers. And he'll be competing at the prestigious EPIC investment pitch contest: A contest Annika needs to win if she wants to keep Make Up afloat. As if it's not bad enough seeing his irresistibly perfect face on magazine covers when her own business is failing. As if knowing he stole her idea and twisted it into something vile—and monumentally more successful—didn't already make her stomach churn. As the two rival app developers clash again and

again—and again—Annika finds herself drawn into Hudson Craft's fast-paced, high velocity, utterly shallow world. Only, from up close, he doesn't seem all that shallow. Could it be that everything she thought about Hudson is completely wrong? Could the creator of Break Up teach her what true love's really about?

A Guilt Free Guide to Changing the Way You Shop, for Good

The Subtle Art of Not Giving a F*ck

How to End a Bad Relationship in 10 Easy Steps

How to Break Up with Your Phone

The Polyamory Breakup Book

Left Alone to Learn (the Break-Up Book)

From Friendsht to Friendsplit - a guide to ditching crappy companions

You probably know the statistics: global clothing production has roughly doubled in just 15 years, and every year an estimated 300,000 tonnes of used clothing ends up in USA this notebook "How To Break Up With Fast Fashion notebook " will help you to change your mindset, fall back in love with your wardrobe and embrace more sustainable ways of shopping - from the clothes swap to the charity shop. Full of refreshing honesty and realistic advice , which can be used as a journal, diary,or notebook features: 120 lined pages SPACIOUS lines for plenty of room to write. QUALITY paper A book size of "12.52in x 9.25in" which means more COMFORTABLE writing. A cover design that is PERFECT for your special someone! Receive it in no time "Because fashion belongs to everyone, but no outfit should cost us the earth"

Stop checking your ex's social media page and start moving on with this guided workbook to help you get over your past relationships. Breakups are hard, but the good news is that there are real, tangible ways to ease the pain and help you through it. The Breakup Workbook is here to help. This workbook starts off with advice for the breakup itself, followed by the recovery stage and how to move through it as painlessly as possible, and then determining what you really want in a relationship (and in yourself) before getting ready to get back out there. With fun exercises like Detox Your Ex-Checklist as well as self-care practices, expert advice, and journal prompts, this workbook is the tool you need to start living your best life today!

A Break up is a battle! When your partner breaks up, you end up in a life crisis zone! - It is a space filled with emotional challenges, questions, doubts, fears, anxiety, challenging choices, confusion and much more! - IT IS TOUGH!- Your life is under attack! - And nothing in your existence prepared you for it - You end up asking for advice and support from friends and family which often confuses you even more! - So! This book is YOUR battle plan to win this challenge! - It is the result of 10 years of successful coaching experience getting men and women to get their life back - I cover dozens of break up scenarios and give you the EXACT tactics you need to use to recover from F*AST! - I answer in depth questions like: Why did she break up? - Should you stay friends with your ex? - What if you have to work together? - What if you can't stop thinking about her? - The top break up pitfalls and how to avoid them for sure - Why trying to get back together is so often a huge waste of your time and energy - How to make sure this break up or divorce doesn't trigger a snow ball effect that negatively impacts on your career or health - How to successfully get back in the dating game - ETC. - There are not some shallow read made tips, ok?! - They are in depth tested BATTLE strategies to WIN! - These are 200s pages of DYNAMITE! - My writing style is direct and simple - I don't lose you in complex existential questions! -On the contrary, I tell you EXACTLY what you need to hear in simple terms - I am a professional life coach and have been successfully doing this recovery work with men and women for many years and I am amazed to see how fast people get back on track with their lives when they are armed with the right strategies! - By the way, this material is targeted both for divorce and break up situations - I am 100% sure that this book will radically shift the way you see this life challenge and put you back on the happiness track in no time! - To your power and unlimited potential - Today a new stage in your life starts - Don't delay it! YOUR time has come!

Avoid negative relationships. There are people in this life who will build you up and those who will tear you down. Which type of person do you want to spend the rest of your life with? Let me tell you the truth-if that person asking you out doesn't treat you like a queen, they don't deserve to be your king, ever.Leave that negative relationship. When things are falling apart and you don't know what to do, don't be afraid to leave. Don't shut up that voice in the back of your head. Don't let somebody else make you live life the way they think you should. Nobody else can walk the path to your sunshine but you. And sometimes, you have to walk that path alone.In a negative relationship? It's possible to recover. It's not too late. It's not too late for that relationship. It's not too late for love. Love can still be everything you imagined it can be. But recovery takes both of you-both of you all in all the time.

How to Turn a Devastating Loss into the Best Thing That Ever Happened to You

How to Feel Alive Again

Breaking Up and Bouncing Back

Get Over a Break-Up

Breaking Up with God

Mindful Drinking

The Essential Companion from Getting Over Him

One of the hardest times in your life is undoubtedly the breakdown of a relationship. If you were the one to end the partnership or you have been left heartbroken by your ex, the pain that you feel during this time is difficult to deal with. I've been there - exactly where you are right now. I've felt the pain, loss, and rejection of a break-up. I've created this book to guide you through the break-up and offer you advice and the comfort that you can and will get over this, just like I did. From sobbing myself to sleep to now feeling the best version of myself, I tackled my break up head-on and came out on top. The five steps I guide you through in this book include: Getting to know the seven stages of grieving the relationship and how to handle each stage Maintain zero contact and generating the willpower to do this Breaking the emotional and mental bad habits you create after the break-up A guide to self-care and how to apply this to your life Moving on and offering a glimpse into my own break-up to show you how you can come out of this on the other side even better than before. Get Over a Break Up will teach you how to do this and leave you inspired to love the most important person: you.

Polyamory is not always easy. With multiple partners often come more complex relationships to navigate. This practical guide looks at the common causes of polyamorous breakups, identifies strategies to avoid ending relationships, and provides you with the toolkit to survive a breakup. Kathy Labriola uses real life examples and expert insight as a counselor and nurse. From how to handle jealousy to the practicalities of managing money and time with multiple partners, this book includes tips and insights from the polyamory community. It is inevitable that some relationships will end in a breakup. This book helps you maintain friendships and minimize the impact of a breakup on the rest of your polycule and wider community. Unlike traditional breakup guides, Labriola's book offers insight specific to the polyamory community and addresses the unique challenges that come with multiple partners.

ABOUT THE BOOK Breakups don't have a one-size-fits-all solution. When you break up with someone, you are basically saying to the other person "I don't like spending time with you anymore," "I no longer find you attractive," or "You are not worth the inconvenience this relationship is causing me." So, chances are good a breakup will end with at least one person's feelings hurt. Nobody will congratulate you on a job well done, but with some planning you can help things go more smoothly so that you and your soon-to-be-ex are able to contain your emotions, nobody is embarrassed or hurt, and the whole thing is over quickly. Use this guide to help you figure out and execute the best breakup plan for you. Formulating your plan is going to take some thought and preparation, but ultimately it will be worth it. **MEET THE AUTHOR** Deena Shanker is a writer living in San Francisco. After moving to the west coast from New York City in the fall, she is loving San Fran's beautiful weather, colorful architecture, and never-ending vegetarian food options. She loves visiting the beach with her dog, Barley, and eating cheese (also sometimes with Barley). She is a graduate of the University of Pennsylvania Law School and Barnard College. **EXCERPT FROM THE BOOK** Every relationship and every breakup is different. To create a solid, reliable breakup plan, you should consider yourself, the other person, and, of course, why you want to break up. We'll start with you. What do you ultimately want to achieve? What is your goal? Do you want to make this less painful for you, or do you want to make this easier on the other person? Your answers to these questions will help you determine the best course of action. And be sure to consider the other person as well. Are you dating a verbal person? A loud person? An emotional person? Someone who will feel sad or someone who will be angry? Think about how the person will react when you express, as Nada Surf once so precisely put it, that you "prefer the company of others to [his/her] exclusive company." If you expect a lot of tears or yelling, prepare yourself. Now you need to think about your specific relationship. How long have you been dating? Do your paths cross often? Do you know a lot of the same people? The more serious the relationship, the more explanation is expected and, honestly, owed. If you interact regularly (e.g., as coworkers or classmates), pay special attention to what you say to avoid embarrassment later. Knowing a lot of the same people is another reason to keep the filter on. If you don't want something repeated, don't say it. Thinking through these things will help you figure out the hardest part of a breakup: what you are going to say? See Step Two below for more. Buy a copy to keep reading!

Everybody has that special someone in their life that they can't wait to get rid of. Whether it's a housekeeper, a therapist, or a personal trainer, the time comes when you have to pull the plug on the relationship. Featuring personal stories, useful scripts, and interviews with experts such as Bob Harper from The Biggest Loser, funnyman Adam Carolla, and Michael Jackson's attorney, Thomas Mesereau, **Dump 'Em** is a practical guide for giving any bad relationship the boot. Jodyne L. Speyer provides a roadmap to finding your own way of saying "thanks, but no thanks." Written with honesty, empathy, and ruthless wit, **Dump 'Em** will teach you to conquer your fear of confrontation and master the art of the peaceful and permanent breakup. So what are you waiting for? **Dump 'em!**

The Science of Rewiring Your Heart

Win Your Breakup: How to Be The One That Got Away

Exercises & Advice to Help You Heal from Your Heartbreak & Create Your Best Life!

The Break-Up Book Club

Make Up Break Up