

It's A Breakup, Not A Breakdown Workbook - Lisa Steadman

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"Day 1: Throw a pity party for one. Day 10: Get Even. Day 21: Throw a Movin-On Party. Everybody may play the fool sometime, but no one wants to do it for long. With "The Relationship Journalist" Lisa Steadman as their guide, you can boot Mr. Wrong from your heart and mind in less time than it takes to write a eulogy. Complete with worksheets designed to speed the recovery process, this interactive, edgy workbook takes you from "I'll never be the same" to "What was his name?" in less time than it takes to sell his stuff on Craigslist. Author: Steadman, Lisa Publisher: Polka Dot Press Illustration: N Language: ENG Title: It's a Breakup, Not a Breakdown Workbook Pages: 00224 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781598699173 Category: Family & Relationships : Divorce & Separation

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