

It's A Breakup Not A Breakdown - Lisa Steadman

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Every woman's experienced the Big Breakup. You know the one. And even though it's a devastating natural disaster, after all the mind-numbing, soul-stirring, heart-wrenching pain comes the pleasure: in rediscovering yourself and your amazing life, of relishing in your girlfriends' company, and (eventually) of meeting someone new-someone who would have otherwise gone unmet had you not gone through your breakup in the first place. Enter Lisa Steadman, author and multiple-breakup survivor, who shows you just how to reinvent your breakup-and your life. No more wallowing, no more "woe is me," no more Sex and the City reruns. With Lisa's help, this celebratory survival guide will help you see your Big Breakup not as a breakdown but as an opportunity to break up with a relationship that's no longer working and move on. With Lisa's Movin' On plan, this breakup promises to be the first day of the rest of your relationship life! Author: Steadman, Lisa Publisher: Polka Dot Press Illustration: N Language: ENG Title: It's A Breakup Not A Breakdown Pages: 00256 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781598691726 Category: Family & Relationships : Interpersonal Relations

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