



It's Called a Breakup Because It's Broken: The Smart Girl's Break-Up Buddy

Greg Behrendt, Amiira Ruotola-Behrendt

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There's no doubt about it—breakups suck. But in the first few hours or days or weeks that follow, there's one important truth you need to recognize: Some things can't and shouldn't be fixed, especially that loser who dumped you or forced you to dump him. *It's called a breakup because it's broken*, and starting right here, right now, it's time to dry your tears, put down that pint of ice cream, log out of his e-mail, and open this book to Chapter One—and start turning your breakup into a breakover.

From Greg Behrendt, the co-author of the smash two-million copy bestseller *He's Just Not That Into You*, comes *It's Called a Breakup Because It's Broken*--the ultimate survival guide to getting over Mr. Wrong and reclaiming your inner Superfox. From how to put yourself through "he-tox," to how to throw yourself a kick-ass pity party, Greg and his wife, Amiira, share their hilarious and helpful roadmap for getting past the heartache and back into the game. You will learn:

- Why you shouldn't call him—and what he's thinking when you do
- How to keep your friends and not lose your job
- How to avoid breakup pitfalls: IMing, stalking, having sex with your ex
- Reframing reality—seeing the relationship for what it was
- How to transform yourself into a hot, happening Superfox and get a jump on the better, brighter future that awaits

Complete with an essential workbook to help you put the crazy down on paper and not take it out into the world, *It's Called a Breakup Because It's Broken* is a must-have manual for finding your way back to an even more rocking you.

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Walter Knight:

Playing with family in a very park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love It's Called a Breakup Because It's Broken: The Smart Girl's Break-Up Buddy, you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

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