

Break Ups Suck: A Girl's Guide to Surviving a Break Up

Nicole C. Iacovoni



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If you're reading this, it's probably safe to assume you've recently had a break up. Whether you were the "dumpee" or "dumper", you're probably overwhelmed with a variety of emotions that are proving hard to sort out. With this kind of life altering event, these feelings aren't easily dealt with. So Ladies, if you're looking for a self-help guide to healing, personal growth, and moving on from the break up, look no further. You are about to be guided through the ups and downs of the break up roller coaster while learning how to survive the hills and speed bumps you may encounter along the way. Whether you're seeking a new and improved identity, a redesigned life, or just some words of wisdom from gals who have "been there, done that", you've come to the right place. Sit down, dry those eyes, grab some coffee or your favorite pint of Ben & Jerry's, and get ready for a humorous and simple guide to surviving a break up.



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