



How to be Dumped: the Definitive Breakup Guide

Sarah J Storer

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Breakups suck. Period.

When you are dumped, you don't know how to BE...mostly because your body and brain is literally working against you as you try to muddle through the next few days and weeks as a YOU instead of a WE.

You're wondering if you'll be able to get him back. If she's thinking of you. If there's a chance that, if you just send one more email or text, he'll change his mind.

Never fear...with a little tough love, and a whole lotta humor, you'll get the answers to all your questions in this book.

You'll also learn:

- +How to BE during this time of emotional flux (and booze, probably)
- +Why the brain does what it does after a breakup
- +How to get through your breakup with a little dignity
- +How breakups can (yes, it's true!) make us better people, and better partners

Oh, and you'll also learn why it's a terrible, TERRIBLE idea to sleep with your ex (SCIENCE!).

So no matter which side of a breakup you've been on, whether you're a lady or a dude, this book is for you. It'll make you approach your current breakup with a whole new outlook, and it'll make you a better friend for your idiot acquaintances who Just. Keep. Going. Back.

This insightful and hilarious book is written by an author who has Been There. And then cried a lot. And then read lots and lots of books and went to lots and lots of therapy. And then wrote about it on her internationally read blog. And cried some more. And then one morning, woke up to find herself sort of All Better. So she thought, "Maybe I can help others feel better, too."

So try it. You'll like it. At least it's better than your current obsession with sappy Ryan Gosling movies, wine, and ice cream laced with the sweet, sweet salt of your tears.

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The actual book How to be Dumped: the Definitive Breakup Guide has a lot of information on it. So when you check out this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research before write this book. That book very easy to read you can obtain the point easily after reading this article book.

Fernando Gallimore:

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