



The Girls' Guide to Surviving a Break-Up

Delphine Hirsh

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The essential female companion from the moment he walks out of your life. *The Girls' Guide to Surviving a Break-Up* offers step-by-step advice for getting over him, including:

- * What to do the first night
- * How not to Drink & Dial
- * How to tell parents and friends about the breakup
- * The most effective way to pamper yourself
- * How to express your anger without landing in jail
- * Tips for surprise run-ins with your ex
- * The top five movies to get you through the worst times
- * And much more!

An inspiring mix of sage advice, go-girl humor, lonelyhearts empathy, and practical fun, *The Girls' Guide* offers quizzes, Top Five Lists, must-do activities, and sound guidelines for weathering a period that---if it can only be lived through---will leave anyone stronger.

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James Matter:

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Christopher Jaeger:

Playing with family in a very park, coming to see the sea 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 thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love *The Girls' Guide to Surviving a Break-Up*, you are able to enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its named reading friends.

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