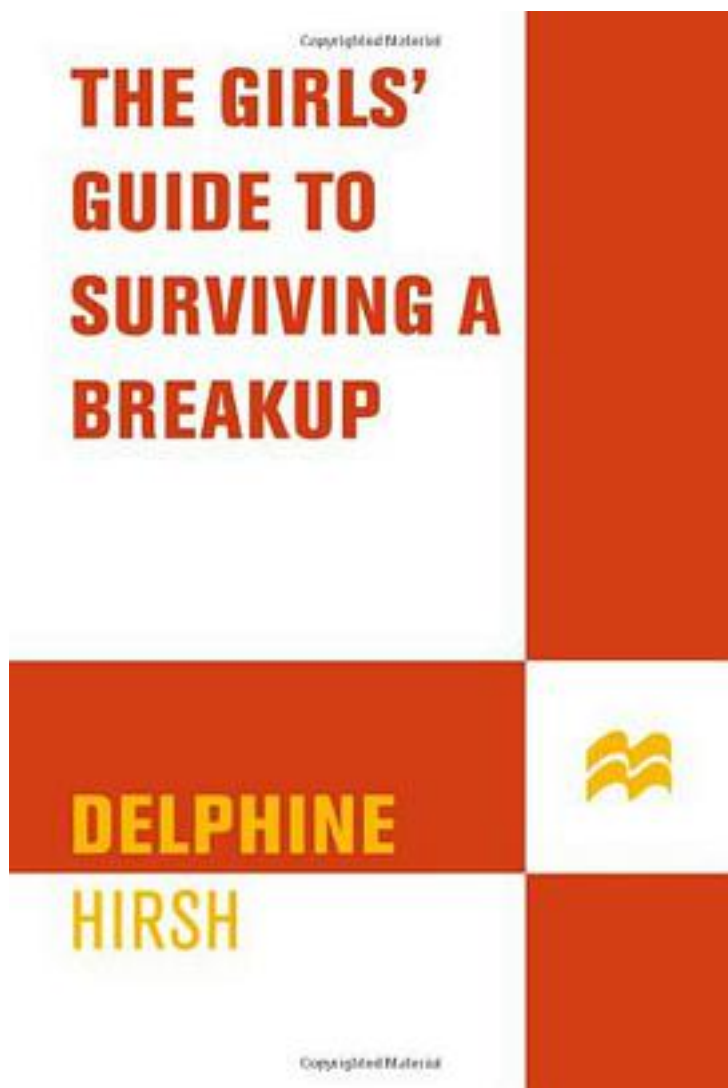


# The Girls' Guide to Surviving a Break-Up



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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 and 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.

作者介绍:

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