



The Breakup Repair Kit: How to Heal Your Broken Heart

Marni Kamis, Janice MacLeod

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Breaking up may be hard to do, but with *The Break-up Repair Kit*, breaking up can also be a lot of fun. Packed with activities, inspiration, advice, and even recipes, *The Break-up Repair Kit* is like a wise- and hilarious- girlfriend who can help anyone get over him and get a life. Whether you're the dump-er or the dump-ee in a former relationship, authors Kamins and MacLeod help you get over your broken heart, get it together, and get back in the game. In "The Mourning After" the authors help the heartbroken deny denial and indulge in how sad and mad breaking up can be. They give readers permission to cry themselves a river. Readers learn how to nurture and take care of themselves after a break-up with "Fatigue Fighters"- activities that help fight off depression such as eating well and often, moving that beautiful body, and sleeping the sleep of the innocent. Readers also follow recipes that mend the broken heart, including making the perfect pretzel and cleansing the entire body with a homemade pumpkin scrub. "Rebuild Your Life" is all about getting ready to leave the house again and taking yourself on a date. Eating alone at a nice restaurant is actually pleasant. "Back in the Saddle" helps readers identify rebound relationships and explore their idea of Mr. Perfect as they look forward to dating again. A "When You Know You're Ready" checklist helps readers find out whether they're ready to start dating. And when they do get back in the saddle, readers learn the power-and fun-of dating themselves while dating him. For teenagers to recent divorcees, *The Break-Up Repair Kit* offers timeless advice on how to build a life that is powerful, beautiful, independent -- and attractive to the Next Guy.

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Marie Boyd:

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Jacob Gray:

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David Fulton:

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