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It's Called A Breakup Because It's Broken: The Smart Girl's Break-Up Buddy



Synopsis

There's no doubt about it: "breakups suck. But in the first few hours or days or weeks that follow, there's one important truth you need to recognize: Some things can't and shouldn't be fixed, especially that loser who dumped you or forced you to dump him. It's over for a reason, and deep down inside you probably know what that reason is. It's called a breakup because it's broken, and starting today, you're not the kind of woman who settles for broken, or hangs on to damaged goods, be it a radio, a pair of shoes, or a relationship. It's time to get rid of all the broken stuff you've been lugging around for days, months, and maybe even years, and make the bold decision to start looking for stuff that works! Because the longer you stay stuck in a dead-end relationship, the less time you get on this planet to experience a great one. So open up this book, and let's dive in! Our goal is to help you turn your breakup into the event that changes your life for the better in ways you never dreamed possible. It's not an end, it's a beginning! After all . . . you are a Superfox. It's past two in the morning. You're on your third glass of wine. You're wearing his sweater because it still smells like him (and quite frankly, he never really smelled that great, but we'll give it to you). Stamp out that dumb French cigarette and put down that phone. No really, don't make that call. Why? Because you're not that girl, looking for another chance with someone who has proven himself unworthy of your greatness. You're not that girl, sitting alone with a box of tissues when a world full of possibilities waits outside her door. Starting right here, right now, it's time to dry your tears, put down that pint of ice cream, log out of his email, and open this book to chapter one--and start turning your breakup into a break-over. The co-author of the smash two-million copy bestseller *He's Just Not That Into You*, Greg Behrendt knows that the one thing harder than realizing he's not that into you is finding the courage to walk away from the relationship. But Greg and his co-author and wife, Amiira, also know that there's a flip side to every breakup: As dark as everything seems right now, this could be the single best thing that's ever happened to you. *It's Called a Breakup Because It's Broken* is the ultimate survival guide to getting over Mr. Wrong and reclaiming your inner Superfox. From how to put yourself through a "he-tox," to how to throw yourself a kick-ass pity party, Greg and Amiira share their hilarious and helpful roadmap for getting past the heartache and back into the game. They give advice on: • Why you shouldn't call him • and what he's thinking when you do • How to keep your friends and not lose your job • How to avoid breakup pitfalls: IMing, stalking, having sex with your ex • Reframing reality • seeing the relationship for what it was • How to transform yourself into a hot, happening Superfox and get a jump on the better, brighter future that awaits! *It's Called a Breakup Because It's Broken* gives you

everything you need to get over him and make the right decisions along the way. Complete with an essential workbook to help you put the crazy down on paper and not take it out into the world, this is a straight-talking, spot-on, must-have manual for finding your way back to an even more rocking you.

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Customer Reviews

I think Greg has great intentions with his book, but it's so similar to his first book, same set-up and style. Don't get me wrong, I think he does a great service esp for us women because we're too understanding, too nice, or whatever the case may be. I thought his first book was a God-send, but this one was kind of more of the same stuff. I don't discount his advice, but there's something missing; there's no positive focus on when it might be right to work it out or why it's important and healthy to want to talk things out. A person is not weak for wanting to understand "what happened." It's when someone goes overboard and won't let go, and I realize that is probably the emotional starting point for this book. I realize, from my own recent experience, that some people (not just men) can be present during the course of a breakup and there are those who simply check out and run away. Greg seems to focus on just that one type of person. And so I think his advice is on target when it comes to the emotionally spineless person who runs from a breakup; the kind who sends all kinds of mixed signals and then blindsides the person who is in love with them. It happened to me, and I understand the pain of that kind of breakup. I tried to talk to my boyfriend and he wouldn't see me or talk to me. It was the shock of my life; I never saw it coming, truly. If I have anything to pass on, it is important to hold yourself in as much dignity as possible; but don't beat yourself up if you

email him or call; you're human and you are hurt and it is natural and healthy to want to understand what happened, esp if you never saw it coming. Again, I'm not discounting the advice Greg gives here; I just found it to be more of the same stuff from his first book.

I nearly gave this book four stars because it really does make you open your eyes and see your situation with greater clarity. When I started out reading this, my ex had just come sniffing around sending me mixed signals and I wanted to get back together. Spending a few hours with this book has made me open my eyes and realize I probably shouldn't. So yes, it has value. But like Behrendt's first foray into self help, HE'S JUST NOT THAT INTO YOU, it oversimplifies things and many of its help is really the same common sense your girlfriends have been trying to drill into your brain. Greg Behrendt is operating from the principle that whenever a man breaks up with a woman (and since this book is geared towards women, that is usually what we're working from) he absolutely has already emotionally disconnected from her, does not want to be with her, and doesn't want to get back together with her EVER. Honestly, from personal experience I have found this just isn't the case. Men (and women) have a variety of different reasons for breaking up with people, since we're all complicated creatures. And I've personally found that if you leave the guy who broke up with you alone and don't chase him he comes back on his own accord. Greg obviously doesn't have experience with this, while any woman will tell you that guys who break up with you always come back and usually you don't want them anymore. I'm also finding plenty of sweeping generalizations that are simply not true. For instance, Behrendt declared that men get over breakups faster than women do ALWAYS and that's just the way men are wired. (And he asserts this while telling how own war story of a descent into alcoholic unemployment over a break-up, no less)!

Before I review this book...I would like to get a major pet peeve off my chest. I read some of the reviews before I started writing this and came across a review where the person had not read the whole book yet wrote a review. I would like to say that a review is where you read the WHOLE BOOK and then criticize it all you like...not read it halfway through and feel that writing a review is credible. It is not. The point of a review is to offer up your point of view which is not possible if you haven't read the whole book. Now that I have said that...I thought this book was terrific. Whether you dislike Greg using the word Superfox or not...the book was insightful, funny, compassionate and didn't offer the same platitudes or psychobabble that one encounters in other books of this genre. Greg and Amiira did not write this book from some lofty ivory tower. They have been in the

trenches like a lot of us. Greg drank and chased after his ex until he finally saw the light at the end of a very long tunnel and got into AA. Amiira was married and while not as destructive as Greg...her pain, misery [and sleepless nights] are nearly as poignant as Greg's. I have read this book three times and found something new to hold on to each time I read it. Some of the elements I particularly liked in this book start with the questions to Greg and his answers...sometimes start ["how about pretending not to be completely crazy" he says to one woman in the throes of...well..acting completely crazy] were always enlightening. I also enjoyed "The Best Worst News", and "What I Did Wrong" where Greg and Amiira share...what they did wrong.

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