

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

By Greg Behrendt, Amiira Ruotola-Behrendt

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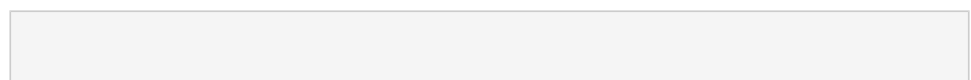
There's no doubt about it—breakups suck. But in the first few hours or weeks that follow, there's one important truth you need to recognize: Some things can't and shouldn't be fixed, especially that loser who dumped you or forced you to dump him. **It's called a breakup because it's broken**, and starting 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 breakover.

From Greg Behrendt, coauthor of the smash, two-million-copy bestseller *He's Just Not That Into You*, comes *It's Called a Breakup Because It's Broken*—the ultimate survival guide to getting over Mr. Wrong and reclaiming your inner Superfox. From how to put yourself through “He-tox” to how to throw yourself a kick-ass pity party, Greg and his coauthor and wife, Amiira, share their hilarious and helpful roadmap for getting past the heartache and back into the game. You will learn:

- 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: IM-ing, 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

Complete with an essential workbook to help you put the crazy down on paper and not take it out into the world, *It's Called a Breakup Because It's Broken* is a must-have manual for finding your way back to an even more rocking you.

From the Paperback edition.



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Editorial Review

From Publishers Weekly

If *He's Just Not That into You* told a woman how to spot a man who's not really interested in a relationship with her—and how to deal with it proactively—this follow-up is for those, male and female, who've been blindsided by a breakup after thinking Everything Is Fine. Speaking less this time from a guy's perspective and more as someone who has been dumped and survived, Behrendt tackles the often inevitable symptoms of a broken attachment: the obsessive thinking (and calling and e-mailing), the crying, the debilitating depression (and its effects on one's job performance), the crazy acting-out, the food and spending issues, the friend burnout. This time, Behrendt is aided by his wife, who offers her own breakup stories, with the two together serving as a constant reminder that one can love again. The book is padded with not-so-funny vignettes, and anecdotal letters from readers are answered in a rather wearying Dear Abby style. There's little new or insightful, but Behrendt's frankness—never too harsh—is as winning as ever, and the title is catchy. Everything is more or less in place for this burgeoning franchise.

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From [Booklist](#)

Behrendt, coauthor of the wildly popular dating guide *He's Just Not That into You* (2004), teams up with his wife to offer a how-to guide for coping when a relationship goes south. Both Greg and his wife, Amiira, went through extremely traumatic, drawn-out breakups before finding happiness with each other, and they share the stories of what they did wrong (and what they eventually did right) as they go through the basics of how to survive a breakup: stop calling him or waiting for him to call, don't sit at home moping, avoid wearing sweats (unless exercising), and find a friend to help you through it. They also include letters seeking advice and Greg's responses to them, breakup horror stories, and "psycho confessionals," real tales of women who went too far in reacting to a breakup. The authors take a lighthearted and positive tone throughout their boisterous guide; expect demand from the many readers who made *He's Just Not That into You* a hit. *Kristine Huntley*

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Review

"You will get through this, and you'll do it faster with the help of *It's Called a Breakup Because It's Broken*." —*Glamour*

"Insightful, been-there-have-the-scars-to-prove-it wisdom." —*New York Post*

From the Paperback edition.

Users Review

From reader reviews:

Lilian Anderson:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite e-book and reading a publication. Beside you can solve your trouble; you can add

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David Mandujano:

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Willie Collins:

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Harold Esparza:

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love *It's Called a Breakup Because It's Broken: The Smart Girl's Break-Up Buddy*, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't get it, oh come on its known as reading friends.

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