



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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Dawn Nelson:

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