
Why We Broke Up

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Why We Broke Up *Little Brown & Company*

Sixteen-year-old Min Green writes a letter to Ed Slaterton in which she breaks up with him, documenting their relationship and how items in the accompanying box, from bottle caps to a cookbook, foretell the end.

Why We Broke Up *Little, Brown Books for Young Readers*

I'm telling you why we broke up, Ed. I'm writing it in this letter, the whole truth of why it happened. Min Green and Ed Slaterton are breaking up, so Min is writing Ed a letter and giving him a box. Inside the box is why they broke up. Two bottle caps, a movie ticket, a folded note, a box of matches, a protractor, books, a toy truck, a pair of ugly earrings, a comb from a motel room, and every other item collected over the course of a giddy, intimate, heartbreaking relationship. Item after item is illustrated and accounted for, and then the box, like a girlfriend, will be dumped.

Why We Broke Up *Harper Collins*

Min Green and Ed Slaterton have broken up, so Min is writing Ed a letter and giving him a box. Inside the box is why they broke up. A movie ticket from their first date, a comb from the motel room they shared and every other memento collected over the course of a giddy, intimate, heartbreaking relationship. Item after item is illustrated and accounted for, and then the box, like a girlfriend, will be dumped. Why We Broke Up is a sincere and moving portrait of first love, first heartbreak and all the firsts in between. Min's smart, sharp, devastatingly honest voice is one of the most memorable in contemporary young adult literature.

Why We Broke Up *Hachette UK*

I'm telling you why we broke up, Ed. I'm writing it in this letter, the whole truth of why it happened. Min Green and Ed Slaterton are breaking up, so Min is writing Ed a letter and giving him a box. Inside the box is why they broke up. Two bottle caps, a movie ticket, a folded note, a box of matches, a protractor, books, a toy truck, a pair of ugly earrings, a comb from a motel room, and every other item collected over the course of a giddy, intimate, heartbreaking relationship. Item after item is illustrated and accounted for, and then the box, like a girlfriend, will be dumped.

How I Broke Up with My Colon *Andrews McMeel Publishing*

Fascinating, bizarre, and educational true-life medical stories retold in cartoon form by the creator of the bestselling Heart and Brain book series. Mysterious illnesses. Freakish injuries. X-rays revealing something weird that got stuck in your foot. These strange but true stories are among the 24 medical tales retold in hilarious fashion by New York Times bestselling author/illustrator Nick Seluk. Featuring fascinating stories submitted by people all over the world, How I Broke Up with My Colon is an educational and highly entertaining tour through the bizarre workings of the human body.

It's Called a Breakup Because It's Broken *Harmony*

A must-have manual for finding your way back to an even more rocking you. Greg and his wife, Amiira, share their hilarious and helpful roadmap for getting past the heartache and back into the game. From Greg Behrendt, the co-author of the smash two-million copy bestseller He's Just Not

That Into You, comes It's Called a Breakup Because It's Broken. 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. Starting right here, right now, it's time to dry your tears, and open this book to Chapter One—and start turning your breakup into a breakover. 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, and reframing reality— seeing the relationship for what it was. Complete with an essential workbook to help you put your emotions down on paper and heal.

If We Ever Break Up, This Is My Book *Simon and Schuster*

A guide to post-breakup recovery shares a host of activity suggestions that can offer distraction, introspection, and hope in the face of heartbreak, sharing inspirational messages on such topics as depression, dating, and setting new standards. 25,000 first printing

Getting Past Your Breakup *Da Capo Lifelong Books*
Self Help.

Beyond the Breakup *Andrew Aitken*

Written by a man with extensive experience on the topic, Beyond the Breakup explains how men think about breakups, their ex-girlfriend, and how they perceive her behavior in the wake of a relationship's end. It also explains the implications this has for girls who are going through a breakup: what will and won't have an emotional effect on him, how to maximize your chances of getting him back, how and when you should contact him, what you should (and shouldn't) say, how to deal with seeing him again, and much more. The list of the chapter titles below give a good overview of the content. This book is not written for women with a weak spirit. It isn't going to tell you how to mitigate the pain you feel in the wake of a breakup, and it isn't going to tell you that everything is going to be fine. And while it will tell you how to maximize your chances of getting your ex back, it isn't going to pretend that there are any 'tricks' to make that outcome likely. However, it will do something much more important: it will give you a strong insight into your ex's state of mind and male psychology in general. This will give you the foundation you need to navigate the breakup and – more importantly – propel yourself into honest and successful relationships with the men in your future. Chapter List: Introduction PART I – UNDERSTANDING WHAT HAPPENED Men Don't Fall in Love the Same Way Women Do The Analogy Between Sex and Commitment Why This Always Happens to You Changing Your Perspective Why You Didn't See It Coming Men Don't Have “Commitment Problems” The Difference Between Liking You and Loving You Enough Why Men “Fade Out” You Weren't Dating Him in the First Place The Small Things Didn't Matter Anyway Why Your Ex (Who Dumped You) Is Still Contacting You Your Ex and Guilt Your Ex and Pride Your Ex and Decisiveness Interpreting His Emotions What's Going Through His Mind PART II – HOW TO HANDLE THE BREAKUP The Importance of Silence after a Breakup No, You Can't Be “Just Friends” How to Know If You Should Cut Him Off Why It's Never Too Late Why You Should Tell Him That You Are Cutting Him Off What to Say Managing Your Expectations When You Should Fight to

Save Your Relationship Exceptions to the Rule How to Know If You Should Dump Him First When He Cheats The Anatomy of Missing Him PART III – FOLLOWING THROUGH WITH THE BREAKUP Making Him Jealous Doesn't Work Seeing Him at Work Being Connected with Your Ex on Social Media Returning His Things and Getting Yours Back What to Do When He Contacts You When He Says He Wants Another Chance Reason and Distraction Stop Sleeping with Your Ex to Prove He Likes You PART IV – MOVING ON AND REBUILDING You Are Responsible for Your Own Romantic Happiness Stop Letting Him Waste Your Time Know Why You Want Him Back Why Getting Him Back Won't Help Why Getting Dumped Is a Good Thing The Importance of Emotional Honesty Dating Again Putting the Breakup in Perspective When You Can Contact Him Again Reframing the Future A Final Word

The Modern Break-Up *Undercover Publishing House*

"When it comes to dating, I seem to be going around in a circle. The ones I want don't want me, and the ones who want me, I don't want." -Amelia “I don't know, I just think there's too much miscommunication between guys and girls. I mean, no one knows what the fuck is going on. We need to have the discussion. We need to vent it and get it out in the open,” I said, grabbing my drink from the bedside table. _____ sat on the edge of the bed and put his shirt back on. “What do you want to know?” “I just want to know what guys are thinking. I mean we have sex and stuff and nothing lasting ever comes of it,” I said, taking a cigarette out and lighting it. I knew I shouldn't be smoking in the room, but I was too drunk to care. “I don't think I should say. We don't know everything girls are thinking. I think some things are better left unsaid.” “I want to know. I'd prefer shit to be clearer, because I'm always confused,” I replied. I could tell he was still a bit sexually frustrated, but he seemed okay to chat. “Go ahead then, ask what you want. I'll try give it to you as straight as I can. But don't hate the messenger,” _____ responded, taking the champagne from my hand and having some. “I won't, promise. So why do guys act so interested and then not get in touch at all? ?” I asked. Excerpt taken from The Modern Break-Up.

Why I Broke Up with My Company *Silver Tree Publishing*

The Perfect Book for Your Career Crossroads We've all been there at work, wondering whether to stay or go. Trying, despite the emotions, to objectively assess whether leaving our current job is a smart move or risky business. There's really no avoiding it ... live and work long enough, and you're likely to come to such a crossroads. It helps to be prepared. Why I Broke Up with My Company was written precisely for these moments -- to help employees in any role or stage of their careers to be thoughtful, strategic, and self-respecting about their actions, words, and attitudes when deciding whether to stay or go. Marissa Lee's book offers so much, including: -Practical advice for navigating career transitions, coping during difficult times, and seeing "goodbye" in a new light -Real testimonials from employees who have made tough "stay or go" decisions -Tips on how to build a personal board of directors, and how to EVOLVE into your greatest self by evaluating, vocalizing, owning, liberating, validating, and elevating your efforts -Eye-opening tools, like litmus tests for gauging your current situation, a career ownership scorecard, and a "Should I Stay or Should I Go?" self-assessment. Why I Broke Up with My Company is rooted in real stories, and written by a woman who cares. Marissa Lee has made tough choices about her career, but she's also someone whose

career itself is dedicated to helping others enjoy their careers. An experienced HR professional, she's passionate about people and processes, a champion of continuous learning and career ownership, and an expert in the employee experience. For *Employees and Employers Alike* Marissa's unique approach to helping us rethink the relationship between employer and employee is a gift to individuals and organizations alike. Throughout the book are call-out sections dubbed "Dear Employee" and "Dear Employer," with fresh ideas about how to build and maintain cultures that provide valuable experiences for employees, how to find renewed pride in your work, and how to create strong connections at work. Employers are offered a glimpse into the employee perspective during a departure consideration, and employees are given game-changing tools for seeing the decisions about their current situation as just one step in an entire career journey. A career crossroads is a peculiar time -- when you need a trusted friend and objective advice. This book becomes that friend. A playful but practical analogy between romantic relationships and work relationships provides readers with lessons on how to: -Own every aspect of your career -Deal with challenging times at the workplace -Determine if it's time to move on, and how to make that move -Prevent similar challenges with your new organization -Establish a roadmap to reach your career goals. See Yourself in These Relatable Stories Beyond her own career stories, Marissa shares the stories of others who endured and emerged from interesting and even harrowing "leave vs. stay" career crises. These case studies provide a rare view into the kinds of thoughts, fears, and aspirations we often think are ours alone. Each story closes with tips from the featured employee, so readers can take their lessons to heart. Odds are, Marissa's story will remind you of your own. You'll see yourself at the beginning of your career ... bright-eyed, optimistic, ready to work hard and pay your dues. What's unique is the thoughtfulness she applies to the "stay or go" decision, and the major impact her advice could have on your career. "A must-read book for the business leader wondering how to influence an employee's decision to stay or leave, and for the employee seeking practical tools to assess their own career situation."

The Break-Up Book Club *Penguin*

Named one of 2021's Best Beach Reads by *Bustle* • *Country Living* • *Cosmopolitan* • *Augusta Chronicle* • *E! Online* • *PureWow* • *SheReads* • and more! Breakups, like book clubs, come in many shapes and sizes and can take us on unexpected journeys as four women discover in this funny and heartwarming exploration of friendship from the USA Today bestselling author of *Ten Beach Road* and *My Ex-Best Friend's Wedding*. On paper, Jazmine, Judith, Erin and Sara have little in common – they're very different people leading very different lives. And yet at book club meetings in an historic carriage house turned bookstore, they bond over a shared love of reading (and more than a little wine) as well as the growing realization that their lives are not turning out like they expected. Former tennis star Jazmine is a top sports agent balancing a career and single motherhood. Judith is an empty nester questioning her marriage and the supporting role she chose. Erin's high school sweetheart and fiancé develops a bad case of cold feet, and Sara's husband takes a job out of town saddling Sara with a difficult mother-in-law who believes her son could have done better – not exactly the roommate most women dream of. With the help of books, laughter, and the joy of ever evolving friendships, Jazmine, Judith, Erin and Sara find the courage to navigate new and surprising

chapters of their lives as they seek their own versions of happily-ever-after.

Adorkable Atom

Jeane Smith's a blogger, a dreamer, a dare-to-dreamer, jumble sale queen, CEO of her own lifestyle brand and has half a million followers on Twitter. Michael Lee's a star of school, stage and playing field. A golden boy in a Jack Wills hoodie. They have nothing in common but a pair of cheating exes. So why can't they stop snogging?

Letting Go of Leo *Balboa Press*

People think you have it all together. What these people don't understand is how exhausting it feels to make it look that way. The pressure to keep it all going is intense. You feel unfulfilled and don't believe you measure up to others. You're constantly searching for the secret to experience confidence in your own skin. Despite your have-it-all-together life, you can't figure out how to accept or perfect yourself. You've tried diets, intense exercise, shopping, and stuffing brownies in your face. Yet nothing fills the hole deep inside, and you worry, Will I ever be enough? You've come to the right place. In *Letting Go of Leo*, Simi Botic gets personal about what she's experienced and learned. She shares stories about eating a jar of peanut butter without choking to death. Stories about her thighs rubbing together. Stories of living a fantasy where she would marry Leo DiCaprio and win an Oscar. Stories of realizing that real life can be better than any fantasy, that she could show up for the good stuff and the hard stuff and, most importantly, for herself. Simi used to freak out about food, her body, and not being perfect enough. She freaks out a lot less now. In *Letting Go of Leo*, she shares how she broke up with perfection—and how you can too.

Getting Over Your Ex

No One Asked for This *Mariner Books*

From writer/director Cazzie David comes a series of comedic essays about anxiety, social media, generational malaise, and growing up in a famous family.

Breaking Up With Sugar *Penguin*

A proven plan to break free from your unhealthy relationship with Sugar - and reclaim your health and your life for good. The solution to your food and weight problems isn't willpower or the next fad diet - it's breaking up with Sugar. Molly Carmel, an eating disorder therapist with a thriving clinic in New York City, discovered the devastating role Sugar played in her own 20-year struggle with disordered eating. After reaching a peak weight of 325 pounds and trying every diet imaginable, Molly was finally able to dramatically transform her life--and find her happy weight-by breaking up with Sugar. Molly has since helped thousands of people overcome compulsive overeating, repetitive dieting, and Sugar addiction to reinvent their lives. Here, she shares her empowering 66-day blueprint for kicking Sugar to the curb - once and for all. Molly explains how Sugar is not only bad for your health, it's also a substance with highly addictive potential - one that creates physical, neurological, and hormonal changes that often make moderation impossible. This is the first book to

address the emotional, spiritual, chemical, and physical components of this toxic relationship and help guide you through the steps to create a new and lasting relationship with food...and with yourself. *Breaking Up with Sugar* includes step-by-step meal plans to take the guesswork out of going Sugar-free, as well as seven key self-affirming vows you can rely on to help end the overeating and dieting cycle and release unhealthy weight. With empathy, honesty, and humor as your trusted coach and friend, Molly gives you essential tools to navigate this new way of eating when life gets "life-y" or times get tough. Her sustainable roadmap will put you on the path to true freedom.

Alone in Plain Sight *Thomas Nelson*

Are you tired of people knowing who you are but no one really knowing you? As the star of the twentieth season of *The Bachelor*, Ben Higgins looked like he had it all together. Instead, Ben felt dissatisfied, fearful, and deeply alone. Like so many of us, he thought of himself as the kid who never got picked for the game, the person always on the outside of the joke, the friend who knew a lot of people but was never truly known. He wondered if he mattered at all. In *Alone in Plain Sight*, Ben vulnerably shares how he found authentic connection with himself, with others, and with God. As Ben helps us name our own yearning for meaning, he explores ways to understand ourselves more deeply so that we are free to connect with others; how shared pain can bridge even the widest gaps between two very different people; why we must deconstruct our culture's fairy-tale view of love; and how the God who longs for relationship with us is the answer to our need for connection. As Ben discovered, in a disconnected world, it is still possible to have lasting purpose and peace. You are already known. You are already loved. You are already seen. Discover how to live out how much you matter as you embrace the true meaning of your one incredible life.

The Bad Break Up Book For Men

Healing a Broken Heart: A Proven Guide to Break Up Recovery for Men - How to Move On with Your Life After a Split & Get Back on the Dating Scene to Meet the One FASTER Breakups suck. How are you supposed to let go of that one person who you had planned your future with? But, no matter how painful it is to choose to go separate ways, sometimes it's the best solution. Even if you're well aware of this fact, it's not really consoling, isn't it? The same question remains unanswered: how do I move on with my life? Contrary to popular belief, men take breakups tougher than women do. If you're heartbroken, lost, and powerless because of a breakup, this powerful book will help you heal! While there's no magic formula to help you forget about the split, having healthy and strong coping mechanism in place will skyrocket your attempts at getting over your ex. That's where this book takes the scene! Would you like to: Discover a proven approach to dealing with breakups and build an awesome single life for yourself? Eliminate negative thinking and avoid depression but instead focus on improving and becoming the best version of yourself? Boost your self-confidence after a bad breakup and get back in the dating world stronger, better, and irresistible? Make your peace with the past and accept the breakup as the best think that could've happen to you? This unique break up book for men offers a helping hand with all this, and much more! Treating yourself correctly and with respect in the post-breakup period - whether the break up was your idea or you

were on the receiving end - is crucial! Sure, you can leave it to time to heal your wounds, but wouldn't it be better to take charge of the healing process and be back on your feet faster? You're right, it is; and here's exactly how this life-changing book will help you! In *The Bad Break Up Book For Men*, you'll find support, guidance, and invaluable advice such as: How to handle your emotions with ease and be in charge of how you react to different situations; A specific recovery regime and how to effectively get over a breakup in no time; What to do when you cannot stop thinking about her, texting, calling, checking social media, driving by the house; An insider view into what women expect after a breakup and a better understanding of what causes women to leave men; Fundamental mistakes you might be making without knowing it and how to avoid them in the future; Eliminate feelings of "neediness" and build an awesome single life for yourself and become a man that women constantly describe as their "ideal man"; How to eliminate negative thinking and reprogram your mind; The main reasons why we feel negative emotional states, and how to influence them almost instantly; How to get your confidence back and attracts new, better women; Mistakes that can make a breakup worse and what to do instead; How to let go of false hope you'll get back with her and move on; And more! As hopeless as you may feel right now, this book will prove to you that there's a light at the end of the tunnel! Based on over a decade of research and practice combined with feedback from hundreds of men, *The Bad Break Up Book For Men* will free you from pain and suffering. This stage of your life will pass. But, not unless you stop moping around and start the healing process today. You will get better. At some point, you'll laugh again. Soon enough, you'll start dating. Break up recovery is possible; this extraordinary book shows you how to move on with your life in almost no time! Scroll up, click on "Buy Now with 1-click", and Get Your Copy Now!

Grown and Flown *Flatiron Books*

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of *Grown and Flown*, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. *Grown and Flown* is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. *Grown and Flown* is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Why We Broke Up *Egmont UK Limited*

'I'm telling you why we broke up, Ed. I'm writing it in this letter, the whole truth of why it happened.' Min Green and Ed Slaterton are breaking up, so Min is writing Ed a letter and giving him a box. Inside the box is why they broke up. Two bottle caps, a movie ticket, a folded note, a box of matches, a protractor, books, a toy truck, a pair of ugly earrings, a comb from a motel room, and every other item collected over the course of a giddy, intimate, heartbreaking relationship. 'A poignant tale of adolescent heartbreak' - Telegraph.

Adverbs *Harper Collins*

Hello. I am Daniel Handler, the author of this book. Did you know that authors often write the summaries that appear on their book's dust jacket? You might want to think about that the next time you read something like, "A dazzling page-turner, this novel shows an internationally acclaimed storyteller at the height of his astonishing powers." *Adverbs* is a novel about love -- a bunch of different people, in and out of different kinds of love. At the start of the novel, Andrea is in love with David -- or maybe it's Joe -- who instead falls in love with Peter in a taxi. At the end of the novel, it's Joe who's in the taxi, falling in love with Andrea, although it might not be Andrea, or in any case it might not be the same Andrea, as Andrea is a very common name. So is Allison, who is married to Adrian in the middle of the novel, although in the middle of the ocean she considers a fling with Keith and also with Steve, whom she meets in an automobile, unless it's not the same Allison who meets the Snow Queen in a casino, or the same Steve who meets Eddie in the middle of the forest. . . . It might sound confusing, but that's love, and as the author -- me -- says, "It is not the nouns. The miracle is the adverbs, the way things are done." This novel is about people trying to find love in the ways it is done before the volcano erupts and the miracle ends. Yes, there's a volcano in the novel. In my opinion a volcano automatically makes a story more interesting.

Heartbreak: A Personal and Scientific Journey *W. W. Norton & Company*

Florence Williams explores the fascinating, cutting-edge science of heartbreak while seeking creative ways to mend her own. When her twenty-five-year marriage unexpectedly falls apart, journalist Florence Williams expects the loss to hurt. What she doesn't expect is that she'll end up in the hospital, examining close-up the way our cells listen to loneliness. She travels to the frontiers of the science of "social pain" to learn why heartbreak hurts so much and why so much of the conventional wisdom about it is wrong. Searching for insight as well as personal strategies to game her way back to health, Williams tests her blood for genetic markers of grief, undergoes electrical shocks in a laboratory while looking at pictures of her ex, and ventures to the wilderness in search of awe as an antidote to loneliness. For readers of *Wild* and *Lab Girl*, *Heartbreak* is a remarkable merging of science and self-discovery that will change the way we think about loneliness, health, and what it means to fall in and out of love.

SHE BROKE UP, I DIDN'T *Penguin UK*

Deb is absolutely crazily in love with the stunning Avantika. He can't believe that she is his. Their relationship is going great except for the one time when Deb faltered by breaching her trust. After

he apologized, Avantika grudgingly accepted him back. However, his insecurity about her seems to be pushing him into infidelity again. The trust that he had worked so hard to build is lost once again. Will Avantika take him back this time or will she move on? In *She Broke Up, I Didn't!* . . . Durjoy Datta explores the themes of fidelity, love and lust through a roller coaster of misunderstandings and mistakes that are so common in relationships today.

The Polyamory Breakup Book *Thorntree Press LLC*

Polyamory is not always easy. With multiple partners often come more complex relationships to navigate. This practical guide looks at the common causes of polyamorous breakups, identifies strategies to avoid ending relationships, and provides you with the toolkit to survive a breakup. Kathy Labriola uses real life examples and expert insight as a counselor and nurse. From how to handle jealousy to the practicalities of managing money and time with multiple partners, this book includes tips and insights from the polyamory community. It is inevitable that some relationships will end in a breakup. This book helps you maintain friendships and minimize the impact of a breakup on the rest of your polycule and wider community. Unlike traditional breakup guides, Labriola's book offers insight specific to the polyamory community and addresses the unique challenges that come with multiple partners.

Devastation Class *Blink*

An annihilation force of invading aliens. Human civilization on the brink of extinction. Earth's only hope—seven cadets and the legendary starship they were never meant to command. No matter the cost, they will stop at nothing to survive. No matter the odds, they will fight to save their future. The distant future. Earth's Alliance forces have emerged victorious from a brutal nine-year war with the mysterious Kastazi—a vicious, highly advanced alien race. In the dawn of a new peace, the Alliance Devastation Class starship California embarks on a mission of science and learning with a skeleton crew of seasoned officers, civilian students, and inexperienced military cadets in tow. For JD Marshall and Viv Nixon, gifted cadets and best friends, the mission holds special meaning: It offers an opportunity to prove themselves and begin to escape the long shadows of their legendary war hero parents. Suddenly ambushed by a second wave of invading Kastazi forces, JD and Viv make the impossible decision to spearhead a mutiny to save the California and everyone on it. In command and quickly out of options, they are forced to activate the ship's prototype Blink Reactor—an experimental technology they expect to send them to the safe, distant reaches of space. When their escape transports them to a reality they don't recognize and reveals unimaginably terrifying secrets, they must fight their way home to save not just everyone they love but also humanity itself. Standing in their way are an insurmountable enemy, saboteurs from within, a mystery eons in the making, and the fabric of time and space itself.

Break Through the Breakup *Rockridge Press*

Find the strength to move through heartbreak No matter how a relationship ends, recovering from a breakup can feel impossible, but *Break Through the Breakup* can help. It's a modern guide to breakups for women who need a little support finding their power, bouncing back, and moving on

after heartache. Like a trusted friend, this book helps any woman process all the confusing emotions that come with a breakup. Take the journey through grief and acceptance so you can start fresh. The bite-size advice and therapeutic exercises make it easier to understand why relationships end and find ways to feel more confident and get back out there. Grounded in real life--See the healing strategies from this book in practice through stories from all kinds of women who found themselves again after breakups. A helping hand--Find comforting psychological explanations for what makes breakups so hard and why moving forward is so important. A new perspective--Learn how to see breakups as a path to deeper self-love and more fulfilling relationships in the future. Emerge from heartache and begin the next chapter with the ultimate in breakup books for women.

We'll Always Have Summer *Simon and Schuster*

The summer after her first year of college, Isobel "Belly" Conklin is faced with a choice between Jeremiah and Conrad Fisher, brothers she has always loved, when Jeremiah proposes marriage and Conrad confesses that he still loves her.

Under Construction *Simon and Schuster*

For fans of *Open Book* and *Sell It Like Serhant*, a heartfelt, humorous personal memoir and relatable guide to overcoming obstacles, wising up about romance, and getting ahead in your career from the star of Netflix's hit reality show *Selling Sunset*. In this engaging, witty, and inspirational memoir, Chrishell Stause shares her story of living an unconventional childhood in small-town Kentucky marked by periods of homelessness, family addiction struggles, and dreams of one day being on a daytime soap, all while managing the local Dairy Queen. Through resilience and grit, she overcame obstacles and pushed past every barrier in her path to become one of the most envied luxury realtors in Los Angeles and buzzworthy cast members in reality TV. She takes us behind the scenes of *Selling Sunset*, reveals never-before-told stories from her life in soaps, and even pulls back the curtain on her highly publicized love life, offering insight not before shared. With her signature honesty and charm, Stause also gives tangible advice based on the lessons she's learned over the years and offers unique insight about how to stay resilient and positive no matter how many times life knocks you down. *Under Construction* is for anyone who wants to remember that no matter what happens or how, you have to get up, dress up, and show up, and walk back into the room stronger than ever before.

It Ends with Us *Pocket Books*

In this "brave and heartbreaking novel that digs its claws into you and doesn't let go, long after you've finished it" (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of *All Your Perfects*, a workaholic with a too-good-to-be-true romance can't stop thinking about her first love. Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive,

brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is "a glorious and touching read, a forever keeper. The kind of book that gets handed down" (USA TODAY).

Thanks for the Trouble *Simon and Schuster*

"Parker hasn't spoken since he watched his father die five years ago. He communicates through writing on slips of paper and keeps track of his thoughts by journaling. A loner, Parker has little interest in school, his classmates, or his future. But everything changes when he meets Zelda, a mysterious young woman with an unusual request: 'treat me like a teenager'"--

Breakup Bootcamp *HarperCollins*

"A relationship expert whose work is like that of a scientific Carrie Bradshaw." —THE OBSERVER A self-affirming, holistic guide for everyone—single or married, divorced or dating—to transforming heartbreak into healing by the founder of the innovative and revolutionary Renew Breakup Bootcamp Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless women heal their hearts. In *Breakup Bootcamp*, Amy Chan directs her experience as a relationship columnist and as the creator of Renew Breakup Bootcamp into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed "the Chief Heart Hacker," Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping first her bootcamp attendees and now her readers most effectively heal and reclaim their self-love. *Breakup Bootcamp* comes at the perfect time, when many are feeling the intensity of being in or out of a relationship, lonely or suffocated, and flirting with old toxic relationships they've outgrown. Relatable, life-changing, and backed by sound scientific research, *Breakup Bootcamp* can help anyone turn their greatest heartbreak into a powerful tool for growth.

Heart and Brain *Andrews McMeel Publishing*

Boasting more than two million pageviews per month, *TheAwkwardYeti.com* has become a webcomic staple since its creation in 2012. In addition to tons of fan favorites, *Heart and Brain* contains more than 75 brand new comics that have never been seen online. From paying taxes and getting up for work to dancing with kittens and starting a band, readers everywhere will relate to the

ongoing struggle between Heart and Brain.

Better Off Friends *Scholastic Inc.*

For Macallan and Levi, it was friends at first sight. Everyone says guys and girls can't be just friends, but these two are. They hang out after school, share tons of inside jokes, their families are super close, and Levi even starts dating one of Macallan's friends. They are platonic and happy that way. Eventually they realize they're best friends -- which wouldn't be so bad if they didn't keep getting in each other's way. Guys won't ask Macallan out because they think she's with Levi, and Levi spends too much time joking around with Macallan, and maybe not enough time with his date. They can't help but wonder . . . are they more than friends or are they better off without making it even more complicated? From romantic comedy superstar Elizabeth Eulberg comes a fresh, fun examination of a question for the ages: Can guys and girls ever really be just friends? Or are they always one fight away from not speaking again -- and one kiss away from true love?

The Great American Whatever *Simon and Schuster*

From the award-winning author of *Five, Six, Seven, Nate!* and *Better Nate Than Ever* comes “a Holden Caulfield for a new generation” (Kirkus Reviews, starred review). Quinn Roberts is a sixteen-year-old smart aleck and Hollywood hopeful whose only worry used to be writing convincing dialogue for the movies he made with his sister Annabeth. Of course, that was all before—before Quinn stopped going to school, before his mom started sleeping on the sofa...and before the car accident that changed everything. Enter: Geoff, Quinn’s best friend who insists it’s time that Quinn came out—at least from hibernation. One haircut later, Geoff drags Quinn to his first college party, where instead of nursing his pain, he meets a guy—okay, a hot guy—and falls, hard. What follows is an upside-down week in which Quinn begins imagining his future as a screenplay that might actually have a happily-ever-after ending—if, that is, he can finally step back into the starring role of his own life story.

Breakups Blow! *Createspace Independent Pub*

We've all been there; what seemed like the perfect man or woman at the time has left our heart in pieces. The weeks following a breakup are usually consumed by unbearable grief, hours in bed and multiple cartons of Ben and Jerry's. Rather than keep up this vicious cycle following the demise of one's relationship, Cardon offers various ways to break the cycle and move on in “Breakups Blow!” In a humorous, honest and heartfelt manner, Cardon uses her personal experiences and heartbreaks to help readers move through their own breakup wounds. The author feels that she has done the legwork on what eases the pain of a broken heart, and she has included it in “Breakups Blow!” to help her fellow woman. After reviewing a journal she had kept over the years, Cardon began to notice a pattern to her relationships. “My patterns were astounding, and with each mind-numbing breakup, I learned through trial and error what works for moving forward and what keeps you stuck,” Cardon says. “I wish I had a book like 'Breakups Blow!' when I was going through my breakups.”

And in the End *St. Martin's Griffin*

"Ken McNab's in-depth look at The Beatles' acrimonious final year is a detailed account of the breakup featuring the perspectives of all four band members and their roles. A must to add to the collection of Beatles fans, *And In the End* is full of fascinating information available for the first time. McNab reconstructs for the first time the seismic events of 1969, when The Beatles reached new highs of creativity and new lows of the internal strife that would destroy them. Between the pressure of being filmed during rehearsals and writing sessions for the documentary *Get Back*, their company Apple Corps facing bankruptcy, Lennon's heroin use, and musical disagreements, the group was arguing more than ever before and their formerly close friendship began to disintegrate. In the midst of this rancour, however, emerged the disharmony of *Let It Be* and the ragged genius of *Abbey Road*, their incredible farewell love letter to the world"--

How Reading Changed My Life *Ballantine Books*

THE LIBRARY OF CONTEMPORARY THOUGHT is a groundbreaking series where America's finest writers and most brilliant minds tackle today's most provocative, fascinating, and relevant issues. Striking and daring, creative and important, these original voices on matters political, social, economic, and cultural, will enlighten, comfort, entertain, enrage, and ignite healthy debate across the country.

Ignore the Guy, Get the Guy - The Art of No Contact *Lightning Source Incorporated*

Being single isn't what it used to be... Now it means you're smart, sexy and selective. It means you have options and do not have to settle when it comes to matters of the heart. You can be a strong woman who knows and appreciates what a man brings to a relationship, but will not settle for anything less than the best. Women can learn how to obtain the relationships they want by earning the love and respect from any man they choose and have the time of their lives in the process. Leslie Braswell's best selling book "Ignore the Guy, Get the Guy: The Art of No Contact" is a Woman's survival guide to mastering a breakup and taking back her power. In this book you'll learn... -Why silence is golden... -What a man secretly expects after a breakup... -Why a strong woman steals the show... -How to prevent a man from losing interest... -Why women lose the battle of the breakup... -How to make him miss you... -How to handle your emotions... -How he broke up and what it says about him... -How to handle a breakup through Facebook and Twitter... -How to SKY ROCKET your self confidence... -What the biggest attraction killer is... -How to be on Mr. Ex's Mind... - What you should do to get him back ... -Fatal mistakes you might be making without knowing it... If you have ever let yourself fall to pieces, cried, begged and pleaded for a man to take you back after a breakup, or if you have ever sought closure, you have never learned the art, or the power of no contact. A must read for every woman.

Dumped *Sellers Pub Incorporated*

This smart, sassy, and visually fun book will inspire women to take charge of their lives, get over their exes, get off their asses and have fun! Includes the authors' own personal stories, advice from other women who've been dumped, and practical recommendations on where to go and what to do

to get your life back on track.