



# The Girls' Guide to Surviving a Break-Up

*Delphine Hirsh*

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## **The Girls' Guide to Surviving a Break-Up** Delphine Hirsh

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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