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.

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 “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.

My Personal Review:
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 havent read the whole book.

Now that I have said that...I thought this book was terrifc. Whether you dislike Greg using the word Superfox or not...the book was insightful, funny, compassionate and didnt offer the same platitudes or psycho-babble 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 Gregs.

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 tart [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.

Psycho Confessionals was actually great fun to read because while a lot of us have gone off the deep end when we are going through a break up...not all of us have gone to the extent some of these women have. I have offered up a silent prayer of thanks that while I thought I might go nuts...I never showed up at his door acting like it.

One very smart idea that Greg and Amiira came up with was after giving advice on what you should do in the recovery proces... and while you are in the midst of moaning to yourself that you cant possibly do that...they offer up How The Hell Am I Supposed To Do That because they understand exactly how hard it is.

My story ends a little differently because my boyfriend and I actually got back together. But here is where the book is a treasure for another reason. Instead of spending my time when I am not with my boyfriend...obsessing about my boyfriend [something I have done in every past relationship] I am using all the breakup rules they have as if we had really broken up and have re-connected with old friends...started exercising again and am completely re-organizing my life...all off which had fallen completely by the wayside as my concentration was centered around him.

If my boyfriend and I had not gotten back together...I would have been able to handle it without going completely to pieces [after I initially went completely to pieces] and the fact that we have gotten back together...I am now handling the relationship and my life differently...thanks to this book.

In my opinion...this is the definitive book on breaking up and I would like to thank both Greg and Amiira for helping me tremendously both during the break up and how I have handled myself since.

So to my surprise...this book actually works on more then one level.

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