



## It's a Breakup, Not a Breakdown Workbook: A 21-Day Action Plan to Plot Your Revenge, Spoil Yourself, and Find Out How Good Your Life Is Without Him

By Lisa Steadman

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**Day 1:** Throw a pity party for one.

**Day 10:** Get Even.

**Day 21:** Throw a Movin' On Party.

Everybody may play the fool sometime, but no one wants to do it for long. With "The Relationship Journalist" Lisa Steadman as their guide, you can boot Mr. Wrong from your heart and mind in less time than it takes to write a eulogy. Complete with worksheets designed to speed the recovery process, this interactive, edgy workbook takes you from "I'll never be the same" to "What was his name?" in less time than it takes to sell his stuff on Craigslist.

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- Sales Rank: #1093843 in Books
- Brand: Brand: Polka Dot Press
- Published on: 2009-04-18
- Released on: 2009-04-18
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .50" w x 8.00" l, .90 pounds
- Binding: Paperback
- 224 pages

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### **Editorial Review**

#### **About the Author**

Lisa Steadman (Los Angeles, CA), aka The Relationship Journalist, has been a professional writer, marketer, and brand enthusiast for nearly a decade (including the billion-dollar Barbie brand). She is the author of *It's a Breakup, Not a Breakdown* and she also has credits on iVillage.com, TangoMag.com, MSN.com Lifestyle, ProfileMag.com, and WooFactor.com. She is the creator and editor of BreakupChronicles.com, which features true life tales of how breaking up with the wrong person is the right thing to do.

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##### **Gregory Mendoza:**

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**Michael Crew:**

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