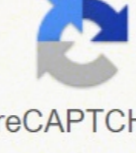


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It's called a breakup because it's broken pdf en pdf online gratis en linea

Marla Dear Plasma Giver, First of all, never buy a man a plasma TV until you're married. The ultimate survival guide to getting over Mr. Wrong and reclaiming your inner Superfox. Your life is not a yard sale. Just remember, though, that any reasons you come up with are ultimately irrelevant. You never saw it coming. You hated his shoes. Even if you feel baffled by his decision to end it, it boils down to the same thing every time: Your relationship, despite its promise, has ceased to be right for one or both of you. How about this: The person you loved took a good long look at the awesomeness that is you, evaluated your relationship together, and said, "No, thanks. It is, in effect, broken. Sounds like your boy-friend's one of them. Need more convincing? Complete with an essential workbook to help you put your emotions down on paper and heal Page 3It looks like you're offline. True, but can your relationship be fixed? Please write back. But that was nothing compared to the shock when I opened his gift—a cashmere sweater and a necklace! What? Generally, if one person thinks that the breakup is the right move, they're probably right even if it feels so wrong. 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. Since I thought I was getting an engagement ring, I maxed out my credit card to buy him a plasma TV for Christmas. Why? Complete with an essential workbook to help you put your emotions down on paper and heal Page 2 A must-have manual for finding your way back to an even more rocking you. We become attached to what's familiar and sometimes we hold on to things that are safe and predictable even if they're bad for us. If you were to make a film of this book, what would the tag line be? You're going to feel like crap head to toe and run the gamut of emotions. A must-have manual for finding your way back to an even more rocking you. Will I meet someone else?—is "You won't know until you get there." That's hard, and it's scary. I truly believe that sometimes both men and women simply run out of love, even when there was a lot of it in the beginning. But why didn't he just break up with me instead of making me do it? Either way, that alone should make you realize that it wasn't a match made in heaven and they're not worth donning coveralls for. But—and here's the important part—the fact of the matter is, they're wrong about you. And now here you are holding this stupid "Breakup Book" because, quite honestly, you'd do anything not to feel like this and maybe this book will shed some light on what you're going through. Any additional comments? When I was in my 20s, break-ups were awful - but now that I'm older, they're agonizing, and a lot more serious. It's time to get rid of all the broken stuff that you've been lugging around for days, months, and maybe even years, and make the bold decision to start looking for stuff that works. Would you listen to It's Called a Breakup Because It's Broken again? (My grandmother used to say that.) A lot of men think once they have a plasma TV they don't need a girlfriend. There's no doubt about it—breakups suck. That goes for friendships as well. You should also let him know that the proper etiquette is that if a girl breaks off an engagement she should give back the ring. Would you recommend It's Called a Breakup Because It's Broken to your friends? Anything is possible, but we'd say probably not. Maybe for someone in their 20s. You never liked him that much anyway. You were going to do it first. 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. In fact, the amount of time it takes for you to start feeling great about yourself again is directly proportional to how much it sucks right now—especially if you weren't the one who broke it off. That doesn't make the breakup any easier to handle or change the overwhelming nature of the sadness that you feel. Some are shorter journeys, and others were meant for a lifetime. But the sooner you do, the sooner you can get your head around this great new thought: HEY, SUPERFOX, YOU ARE HEADED SOMEWHERE FABULOUS AND THERE ARE GREAT POSSIBILITIES AHEAD. "But some things can be fixed,"you say. This book makes me feel old, and more abandoned than ever because I'm not in my 20s where it was easier to bounce back. It's rocking the very core of your being. Why or why not? There's no doubt about it—breakups suck. He was such a great kisser. What can I do to make him realize that we should be together? One of the suckiest and most frustrating facts of life is that sometimes relationships just end, often without reason. How did the narrator detract from the book? I've tried to remind him of how good we were together and that getting married was his idea, but he just keeps apologizing and telling me he needs time apart. You knew this was going to happen. He even took me to look at engagement rings a few weeks before Christmas, so naturally I assumed what would be under the Christmas tree for me. The male narrator was kind of annoying. Fear of things being different than how you liked them, fear of never finding another love, fear of being alone, fear of having to fill your time differently. Sorry - I was disappointed. But that sadness, in turn, doesn't make it less broken. What a shitty new reality for you to get your head around now. No idea. It's hard not to rack your brain, searching for reasons why the two of you couldn't make it work, but sometimes the only real answer is the simplest one: People come together and move apart. Being the first one to recognize that a relationship isn't a match doesn't win you any great prize—just the guilt of having to hurt someone's feelings. You only broke it off with him before he broke it off with you. I'll try my luck elsewhere." Or you said it to him. What blows even more is that you were completely blindsided—even though the relationship was broken on his end, he had clearly led you to believe you were in the same place emotionally. There is no quick remedy for the powerful sting of heartbreak, though we're going to try to make it easier for you throughout the book. You miss him soooooo much. 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. Well, Christmas morning comes and he was shocked when he opened the plasma TV. He hated your friends. But for the moment, you need to concentrate on what you do know—that you and he no longer share the belief that your relationship has a future. In these first few hours or days or weeks of your breakup, there's one all-important truth that 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. And even though you might not believe it right now, this breakup is the first step toward finding someone truly worthy of your greatness, or its affiliates Chapter One IT'S CALLED A BREAKUP BECAUSE IT'S BROKEN AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAHHHHHHHHH! F***, it hurts. The harsh reality is that even if you have everything else in common, the one thing you don't have in common is the belief that this relationship can work. If a man breaks up with you, he should give back the TV. So take a deep breath, steel yourself, and realize that this is going to hurt for a while. The sex wasn't that great. We're afraid of the unknown. How can somebody go from wanting to marry you to not even wanting to talk to you for no reason? Just because your relationship is broken doesn't mean you are! No matter what happened between you, no matter what you may or may not have done wrong, you are still a kick-ass person. 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. So even though you are clearly wounded, getting out of this broken relationship is the best thing possible, even if you didn't know it was broken until now. Your heart is hurting and your mind wants to find a way to undo the pain. A lot of the pain you are experiencing right now is actually fear. Edgy, moody, angry, depressed, nauseated—you name it. You guys were supposed to be together forever. He's Just Not That Into You is genius work. Greg and his wife, Amira, share their hilarious and helpful roadmap for getting past the heartache and back into the game. Can you add one? The truth is that if he's going to come to the conclusion that you guys should be together, he's going to do it on his own. Then, the next day, he tells me he's not sure "I'm the one" and he thinks I should move out and we should take a break so he can figure some things out!! Now he's got the apartment and the plasma TV that I'll be paying off for the rest of my life. Because at the end of the day, someone you loved, trusted, and valued has rejected you, and that really smarts. The answer to all the questions swirling in your head—What will I do on weekends? Or stop sleeping all the time.



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