



# The Pocket Idiot's Guide to Breaking Up

*Laurie A. Helgoe*

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**The Pocket Idiot's Guide to Breaking Up** Laurie A. Helgoe

*A wise guide to handling the end of a relationship.*

A breakup doesn't mean everything has to fall apart. Laurie Helgoe uses her years of experience as a clinical psychologist to show those who are coping with a breakup to pick up the pieces and move on with their lives. This guide provides sage advice on how to handle every aspect of separating from a partner, from knowing when to stop communicating, dealing with the blues, and when to start dating again.

- \* Edgy and humorous, yet full of practical advice
- \* The first book to deal with being the dumper, as well as the dumpee
- \* Tips that will get readers through lonely nights and days of "retail therapy"-without insulting their intelligence or getting involved in 12-step therapy speak

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