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He Did You a Favor: A Smart Girl's Guide to Breaking Up, Waking Up, and Discovering the Gift of YOU

Debra Rogers

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He Did You a Favor: A Smart Girl's Guide to Breaking Up, Waking Up, and Discovering the Gift of YOU Debra Rogers
Some guy has taken a giant sledgehammer to your heart and you have to clean up the mess. You hurt, big-time. You think you'll never find anyone as good as he was, e-ver. But what if… he did you a favor? He Did You a Favor is a witty, empowering, essential guide with straight talk and advice to help you break away from Mr. So Very Wrong and break through to the life you desire. You'll also discover: - How to use your breakup as fuel to step into the life you're really meant to live. - How to conquer your fears, get back out there, and kick some serious butt in the world. - Secrets to creating an even better you and attracting a better man. Filled with true stories from her own experience and that of other women, He Did You a Favor is helpful, hopeful, and healing.

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