



# **The Frisky 30-Day Breakup Guide: One Month of Manicures, Massages, and Mojitos to Help You Forget About Him**

*Jamie Beckman*

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## The Frisky 30-Day Breakup Guide: One Month of Manicures, Massages, and Mojitos to Help You Forget About Him Jamie Beckman GET OVER HIM IN 30 DAYS

Bad breakup? You're in good company! Women everywhere know that those first days after the end of a relationship can be the hardest. The Frisky 30-Day Breakup Guide takes the focus off of your ex and puts it back on you.

Each day offers fun activities to help you move on, including:

- **Going on an exciting road trip (Day 5)**
- **Buying a sexy new dress (Day 8)**
- **Planning a fabulous, girls-only party (Day 15)**
- **Donating your time to a worthy cause (Day 21)**

Plus advice and wisdom from celebrities like Audrina Patridge, Colbie Caillat and Vivica A. Fox. Hey, this is your sexy, vibrant, exciting life. So go ahead: get back to the real, fabulous you!

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