



# **It's A Breakup Not A Breakdown: Get over the big one and change your life - for good!**

*Lisa Steadman*

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**It's A Breakup Not A Breakdown: Get over the big one and change your life - for good!** Lisa Steadman  
Every woman has experienced her Big Breakup, the one that shakes her core and makes her feel she doesn't want to fall in love ever again. This book gently caters for those who have suffered from The Big One. While there are many casual breakup guides on the market, as well as those that offer breakup revenge tactics, none illustrate just how fabulous moving on can be. Lisa Steadman tells readers that a breakup is not about being "broken". Rather, she reminds women that a breakup is about celebrating who they are and figuring out how to pick themselves up after the fall and move on. It's about a breakup, not a breakdown!

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