

Breakup Recovery Goes High Tech

The World's First Truly Interactive Breakup Book!

The Breakup Workbook: A Common Sense Guide to Getting Over Your Ex is the first relationship self-help book to go beyond the traditional one-stop resource breakup books; it uses the internet as an add-on component to help you heal your broken heart. Not just another self-help book, it works in concert with an advice forum, a regularly updated reference blog and a website. The forum already contains nearly 20,000 posts from it's over 1,500 members from 32 different countries.

The Breakup Workbook not only works as an interactive breakup roadmap, focused on the recovery of your broken relationship, but it also serves as a diary and progress measure all-in-one. The 33-do-it-yourself breakup recovery exercises can be completed within space provided in the book – no extra paper required!

"Every broken-hearted girl needs two things -- a shoulder to cry on and Melysha Acharya's book **The Breakup Workbook**. This insightful and useful guide to surviving and thriving through a breakup will provide much comfort through the process of recovery." Arielle Ford, Author of [The Soulmate Secret](#) and publicist to Mark Victor Hansen and Deepak Chopra.

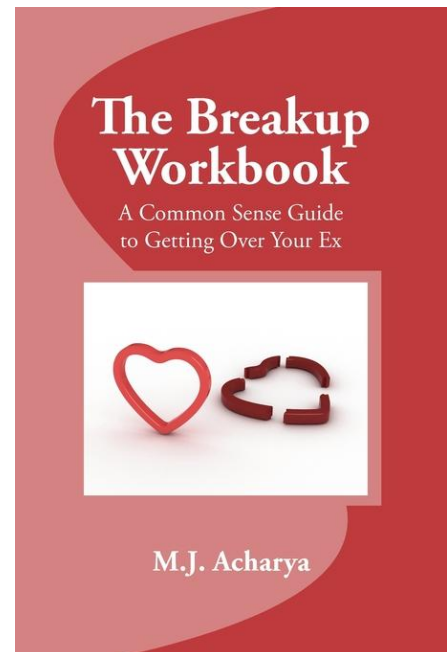
"**The Breakup Workbook** is not a book full of cliché's and promises that you'll find a better man in 30 days. It's a fun, non-judgmental -and effective- real-world approach to working through one of the hardest times of your life- and if you want to do so while playing love songs and drinking a double dirty martini, that's OK too!" -Brenda Della Casa, Author of [Cinderella Was a Liar](#)

The Breakup Workbook has sold thousands of copies as an eBook in over 32 countries, and will be available as a paperback on Amazon.com and BarnesandNoble.com and for ordering through Ingram, effective May 14, 2009.

FOR FURTHER INFORMATION PLEASE CONTACT:



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