



# Get over Him: A Smart Girl Guide to Move on After a Break Up

*Sarah Higgins*

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## **Get over Him: A Smart Girl Guide to Move on After a Break Up** Sarah Higgins

"Find someone who calls you beautiful like it's your name. Someone who is ready to fight for you and you for them with everything you have." - Sarah Higgins

If you sit down waiting for him to call, if you're crying day and night; if your favorite dish has become Haagen Daaz and Ben and Jerry chunky monkey, and if you drive from work just to go to bed; if you're constantly wondering what if I said this, what if I did that then we would still be together; girl, I say this in all love and fairness, "Get over him."

In *Get Over Him: A Smart Girl Guide to Move on After a Breakup*, Sarah Higgins teaches you how to get over him, how to not call him (no contact rule), and how not to eat yourself into a comma.

Sarah also teaches you how to move on to love again. With her wit and sound advice, you will recover from your heartache. This book will hold your hand as you go through this difficult time. There's more such as:

- Transform your love life
- Forget about trying to win him back
- How to stop checking your ex social networking status
- Signs that you are not over him
- What not to do after a break up
- Finding yourself again
- Deal with the hate phase
- Remove all the "triggers" of emotional memories
- This book is a good friend in telling you what you already know, but kicks your butt into doing them
- Controlling your emotions after a breakup
- You don't have to fall to pieces waiting for closures, this book will be your survival guide

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