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Elizabeth Allen

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Feisty Woman's Guide to Surviving Mr. Wonderful: Moving on with Humor, Laughter, and Chutzpah!:

First, you are in shock, then denial, then you cry, and then you scream. You cry some more, scream some more, then try to work it out. You ask yourself why at least twenty times a day. You can't sleep. You blame him. You blame yourself. That's the nature of a breakup, and it's not easy. In *The Feisty Woman's Guide to Surviving Mr. Wonderful*, author Elizabeth Allen offers suggestions for surviving the journey through a middle-age breakup. Using examples from a host of breakup stories, including her own, Allen presents a humorous guide to help you get through the fiasco and come out of it a stronger, more vibrant, confident, powerful, and totally evolved woman. Allen presents strategies for dealing with the emotional issues that arise after such an event, and she explores other topics relating to women's health and well-being. With humor and sarcasm, *The Feisty Woman's Guide to Surviving Mr. Wonderful* shows that moving on with your life after a breakup provides a true testament to the strength of all women.