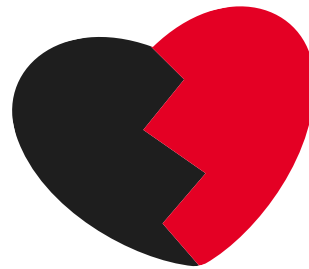


DEBRA ROGERS

**THE
ULTIMATE
BREAKUP
SURVIVAL
GUIDE**



How to get over your ex,
get back to YOU,
and take your awesome life back.

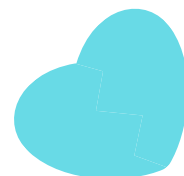
THE ULTIMATE BREAKUP SURVIVAL GUIDE

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The Ultimate Breakup Survival Guide

Your heartache just got better.

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III. What's next?

Your Next Steps to Healing and Moving On...

Hello! I'm so glad you're here.

You've officially taken the first step to heal your heartbreak. Good for you!

Whether your breakup happened three weeks or three months ago, if you're still fixating on your breakup, obsessing about your ex, and trying to mend your broken heart, you've come to the right place.

You could be...

- Holding on to feelings of hurt, regret, or anger over the person you thought was The One.
- Lying awake at night, thinking of all the things you could've done that would've kept this break up from happening.
- Checking your phone for texts from your ex. Or re-reading old texts, trying to figure out how this happened in the first place.
- Glancing at your former flame's Facebook for the tenth time because "self-torture" is your new middle name.
- Hanging on to hope that maybe, just maybe, you two can work things out.

You're here because your ex tore your heart apart or maybe you've been dying a slow, painful death in the relationship all along. Your fractured heart has this gaping, emotional wound that just won't close no matter how many Breakover Band-Aids you stick on it.

I get it. I've been there.

When my breakup happened, I was completely blindsided.

I was also eight months pregnant.

I was a hopeless, hormonal train-wreck, drowning in debilitating hurt, anger and sadness. My heart was crushed. I felt lost. Alone. I had no job. No friends. I took up permanent residence on the kitchen floor thinking, “How am I going to get through this?”

Let me tell you something, if I can get through my breakup, you can too.

Whatever your post-breakup situation is, I’m here to help. I’ve got your back.

I created ***The Ultimate Breakup Survival Guide*** to give you some immediate relief and get you on the road to recovery because now is when you need loving support the most.

So Who am I?

I’m a Relationship Coach, Reinvention Strategist, and the Award-Winning Author of the breakup book ***“He Did You a Favor.”*** I’m your personal *Ex Expert™* who’s helped thousands of women (and men) get over their breakups and transform their lives. I know how devastating a breakup can be and how much it can mess with your head and heart.

With years of dating dilemmas and broken-hearted blunders, including my big breakup (which evolved into a supportive divorce and loving friendship), I’m passionate about helping you get past your ex and heal your heart.

It’s the time to throw all the focus on your amazing self (even though you may not feel so stellar at the moment, I’m here to hold the space for you).

My mission is to help you rediscover your “happy place” so you can create an even better happy-ever-after (It can be done).

Sound good? Then let’s get started...





**Some people
come into our lives
as temporary happiness.
-Unknown**

II. How To Survive a Broken Heart...

As painful as it is, know this breakup happened for a specific reason. And understanding how and why you feel, think, and act after a bad split is vital to your recovery. A difficult breakup can damage your self-esteem, stress you out, shrink your confidence, and stop you from moving forward in your life.

I know, because that was me.

After my breakup, I wallowed in sadness and humiliation. I was ashamed that couldn't make my marriage work. I was fearful of the future and how I was going to make enough money to support my daughter and myself. I felt I wasn't good enough.

Breakups hurt...*literally*. Research shows that the exact same brain areas are activated when we feel a breakup as when we feel physical pain. Your breakup feels like "a slap in the face" or "a gut punch." You can barely breathe. Your heart pounds with fear. Your stomach aches. This is all totally normal.

This guide will give you ten powerful breakup aids to help you get maximum relief from this soul-crushing, revenge-inducing, shamed-filled bash that's wreaking havoc on your head and heart. If you follow these initial steps, you'll start to feel better.

Most importantly, if you slip-up, don't beat yourself up. Meaning, if you accidentally send a text after too many Cadillac Margaritas, casually cruise by your ex's place, or innocently check his (or her) FB page, don't pummel your self-esteem with a two-by-four (because we've all done it at one time or another).

Just start again.

Keep. Moving. Forward. Eventually, you'll get there.

Never give up on your healing.

1. You're Now on the "Do Not Call" List.

Don't pick up that phone – to call, text, or take your ex's calls.

If your ex calls, let your voicemail answer for you. Why? Because you need a break. You need breathing room. You need space to get perspective.

When my big breakup happened, I took all my ex's calls. I responded to every text (the good, the bad, and the ugly). I made myself available whenever, wherever, hoping he'd realize what a big ole' mistake he made and come running back. Even though I saw hints of hope, it never happened.

Looking back, I can see the relationship never had a chance. His constant contact with me wasn't because he wanted to get back together; it was because he was wrestling with intense guilt and sadness (yes, even if your ex did the dirty deed, they can still hurt too), but it was never enough to cause him to come back.

All this "phone dance" did was prolong the pain and drag out debilitating hurt which kept me stuck in the muck, unable to move on for months.

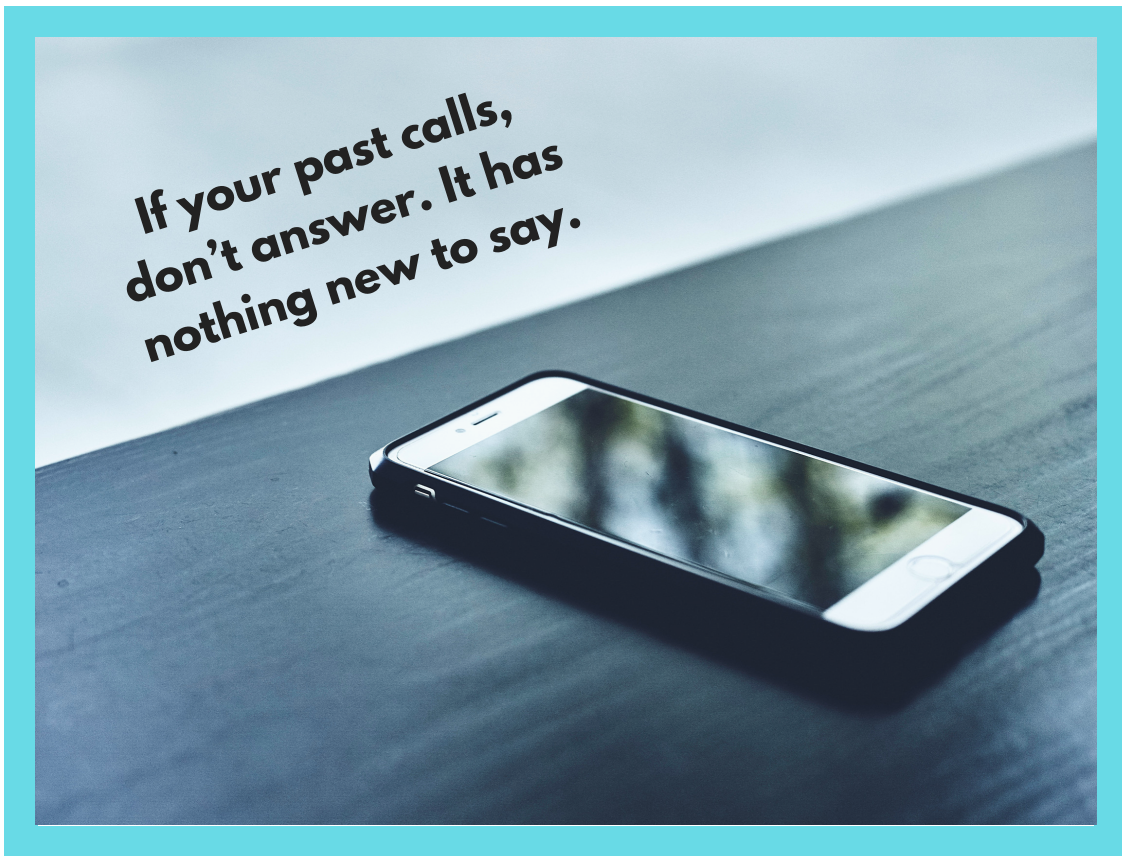
If you check your phone for that miracle "I want you back" message it'll keep your tarnished heart tethered to his (or hers). Cut the virtual phone cord. And yes, even a simple "Hi" text is not harmless and definitely not allowed. I know it's hard, but you can do this.

You are your #1 priority right now.

Talk is cheap. Unless your ex's actions match his or her words, nothing will change.

Instead of deciphering your ex's post-breakup messages, focus on giving YOU that much-needed break.

Break up tip:
Don't delete your ex's number.
Instead change his (or her) name on your phone to:
"Do Not Answer," "I Deserve Better," or "Miss Movin' On."



So what should you DO? Get a Breakup Buddy.

Or get several. These are friends or family members who are truly, honestly there for you. Friends who call you on the lies you may have been telling yourself (in a gentle, loving way), give you an objective opinion on why Mr. Heartbreaker isn't right for you, as well as give you post-breakup support. Also, they'll keep you in check when you're on your third Martini and about to go home with some biker dude who's covered in tattoos of his ex-girlfriends.

If you don't feel you have the support you need, consider hiring a **breakup coach**.



**“Time does not heal all wounds
unless you take the time to heal.”**

2. Use Self Indulgence To Your Advantage

Do throw yourself a Pamper (Not Pity) Party

After my breakup, I realized I'd lost touch with the person I used to be. I kept thinking:

"Who am I?" "What do I want?"

This time provided a great opportunity to reconnect with me...and to practice self-care and self-compassion.

Give yourself time and space to nurse your breakup. You're hurting. You wouldn't run a marathon after you sprained your ankle, right? So never feel guilty about giving yourself serious couch-potato rest, Netflix, and TLC.

This is your "all about me time" where you get to lounge in your sweats, give up showering and eat gobs of dark chocolate (studies say it's a mood booster). Order takeout and camp out on the kitchen floor. Crank up Adele's "Hello" or Sam Smith's "Stay With Me." Immerse yourself in some "crazy, not-so-stupid self-love."

If you're not up for "Can't Get My Ex Out of My Head" Chinese or "Obsession Party" Pizza, call a delivery service and have them bring dinner from your favorite restaurant. Or ask a friend to bring food. You provide the wine, movie, and ice cream (I'm assuming you already have that in your fridge).

Give yourself an all-access-pass to your feelings as well as full permission to let those feelings out. Why? Because holding on to negative emotions can make you sick. What is disease? Dis-ease. It's an imbalance within you. So let those gloomy feelings move through you and out of your body. Feel free to punch a pillow while you're at it (tape a picture of your ex to it for added benefit).


Our tears release toxins accumulated during stress. Crying also stimulates the production of endorphins, our body's natural painkiller. So get that natural healin' going.

Don't starve yourself or gorge yourself.

If you do, you'll either pass out or throw up. 'Nuff said.

Remember, breakup stress can already wreak havoc on your body so don't add to the problem.

Do your body good.



**"Value yourself enough
to let go of anyone who
doesn't see your
incredible worth."**

3. Social Media and Mementos Are a No-No

Don't be an E-Stalker, Slacker or Hacker.

Social media takes us to a whole new level of heartache and can make it ten times harder to get over your breakup. Every digital thread attached to your ex only sucks you back down that emotional wormhole until you're raiding the fridge for that leftover bowtie pasta.

Maybe you can't focus at work, so you casually click on your ex's Instagram only to see pics from a party with the friends who banished you after the breakup. Or worse, you see your ex with someone new.

If you've done it, don't get down on yourself. You're human.

Unfriend. Unfollow. Untag. In order to heal you've got to pull away from anything (and anyone) that's linked to him (or her). Do whatever's needed to digitally disconnect from his or her pictures, pages, and posts. Delete those digi-pics of New Year's Eve, the romantic trip to Italy, or that sunset dinner pic you took on your 3-month anniversary.

The last thing you need right now is memories of your ex popping up in your news feed. Out of sight, out of mind.

Never use your breakup as an excuse to hack into personal accounts.

If you already know the passwords to your ex's cell, e-mail, bank account or fantasy football, forget them. Nothing good can come of it. You may find your ex flirting with someone he met at Starbucks, or she's sexting a new Tinder dude, or his bank account's showing a lavish purchase from Victoria Secret. Logging into anything, even his fantasy football is a total fumble on your part.

I've done this -- many times. It's addictive. Each time I found something, I got an adrenaline rush. I saw a photo of his new girlfriend, a receipt from dinner at a fancy restaurant, and discovered three hundred dollars worth of clothes he bought for her. What good was this doing? None. All it did was reconfirm the affair I already knew he was having, sending me right back to the kitchen for more "Chocolate Therapy."

Snooping only brought up a whole new set of insecurities, comparisons to the woman he was having an affair with, and jarring jealousy. It did absolutely nothing to help me get over my break up. It just kept me in perpetual pain.

Remember, having a constant reminder of the person who tore your heart apart will only send you spinning back down into that perennial pit of despair.

Do purge, purge, purge.

Instead of hanging on to items that are taking up space and are constant reminders of lost love, how about giving them the heave-ho or putting them to good use?

- Sell, donate, or give past gifts to a friend (you know, the one who's been eyeing that sweater or the butterfly necklace you got for your birthday?).
- Ditch and delete vacation photos. Or the love note your ex wrote on a cocktail napkin. Or the V-Day playlist he or she made for you (that you've had on loop in the car ever since your break up).
- If you can't trash your relationship mementos yet, stuff them in a box and store them in a closet galaxy far, far away...

...Or give them to your breakup pal to hold for you.

...Or get rid of your t-shirt, bracelet, or ceramic cat on "[Never Liked It Anyway](#)" and build a cash fund for your bounce back plan.

...Or go to "[Worthy.com](#)" to sell your watch, earrings, or diamond ring. Use the money for yoga classes or a spa day. Whatever makes you feel happier and healthier.

Now let's be honest, you may still want to hang on to these items for a little longer. You're not emotionally ready. I wasn't for a YEAR. But I realized that the things I held on to were only holding me back.

By clearing out old physical, mental and emotional clutter you gain space for dealing and healing.

4. It's Not About Your Ex Anymore; It's About You

Don't show up at your ex's work, favorite bar, or apartment by "accident."

If you succeed in catching a glimpse of your ex, you may get that "brief high," but when it wears off, you'll feel even worse. Or you may catch your ex walking out with a mysterious blond or making out with a co-worker by the coffeemaker.

How does it help you heal? How does it get you closure? How does this serve your fragile self-esteem? It doesn't. It just sends you to "In and Out Burger" for a double-double with extra fries.

A girlfriend of mine showed up at the apartment of a woman she suspected her boyfriend to be with. She was right. He answered the door. An ugly fight ensued and she was asked to leave, humiliated.

BTW, if you *did* do it, don't beat yourself up. Don't replay the scene over and over in your head. Don't try to make amends with your ex for your moment of weakness. That's all it was – just a lapse in judgment driven by heartache.

It's not who you are, so let it go.

Remember, just keep moving forward.

Do show up for yourself.

Take your dogs for a hike, hit the gym, or go for a run. Exercise is excellent for feeling energized and combating sadness. Here are several additional exercise benefits:

- It helps you focus on the present, not dwell on the past.
- It fills you with feel-good endorphins.
- It helps you feel more confident. You're doing something you *can* control (as opposed to trying to control your ex). Even if you take daily walks, you'll feel a sense of accomplishment.

- It gives you a great opportunity to make new friends and/or reconnect with old ones.
- I may motivate you to start a new morning routine (and kick your day off right). A new routine can encourage you to eat healthier, cut down on the vodka tonics, and toss out those pints of Rocky Road.

Bonus Tip: Create a power playlist to go along with your workouts. Studies show that music lowers stress, decreases depression, and boosts those "feel-good" vibes even more.

Another way to show up for yourself is to create a "Happy Plan." What makes you happy? Taking a long drive? Going to a new art exhibit? Having lunch on the beach? Seeing a movie? Reading a book in your favorite coffee shop?

My Happy Plan

Write down five things you're going to do for yourself this week.

1.

2.

3.

4.

5.

5. Get Real With Yourself

Don't try to be someone you think your ex wants to try and win him (or her) back.

I've done this. I've played it cool with being casual (*No problem*). I've said, "Sure" when an ex just wanted to be friends (*I can handle it*). I've met an ex for coffee and acted like it was no big deal (*I was dying inside*). These situations were disastrous and did nothing for me. I was deluding myself. I secretly hoped that by being what I thought my ex wanted, he would realize how amazing I was and what a big ole' mistake he made.

It never happened. And lost myself (again) in the process.

If you pretend to be someone you're not, you only deceive yourself.

No one's perfect. But having flaws doesn't make us unlovable or give our ex a free hall pass to call us out on our faults every chance he or she gets.

Find a partner who appreciates you for the amazing person you are. You are already good enough.

Do journal.

It's one of the first things I did when my relationship fizzled and it helped me so much. I wrote every day for five years ("*He Did You a Favor*" came from those journals).

Journaling allows you to get all the crap that's swirling around inside of your head (giving you a throbbing headache) out onto the page so you can let go of it. It also allows some great inner guidance (we all have it) to come through and help solve problems or release any blocks you may have.

Write three pages a day, preferably when you first wake up in the morning. I still journal. It continues to help me work through problems and to calm my head-swirling, up-all-night thoughts.

Bonus Tip: Journal 3-5 times a week:

- Five things you love
- Five things you're grateful for.
- Five things you desire.



6. Remember That You Matter

Don't get stuck in "should've," "would've," "could've"

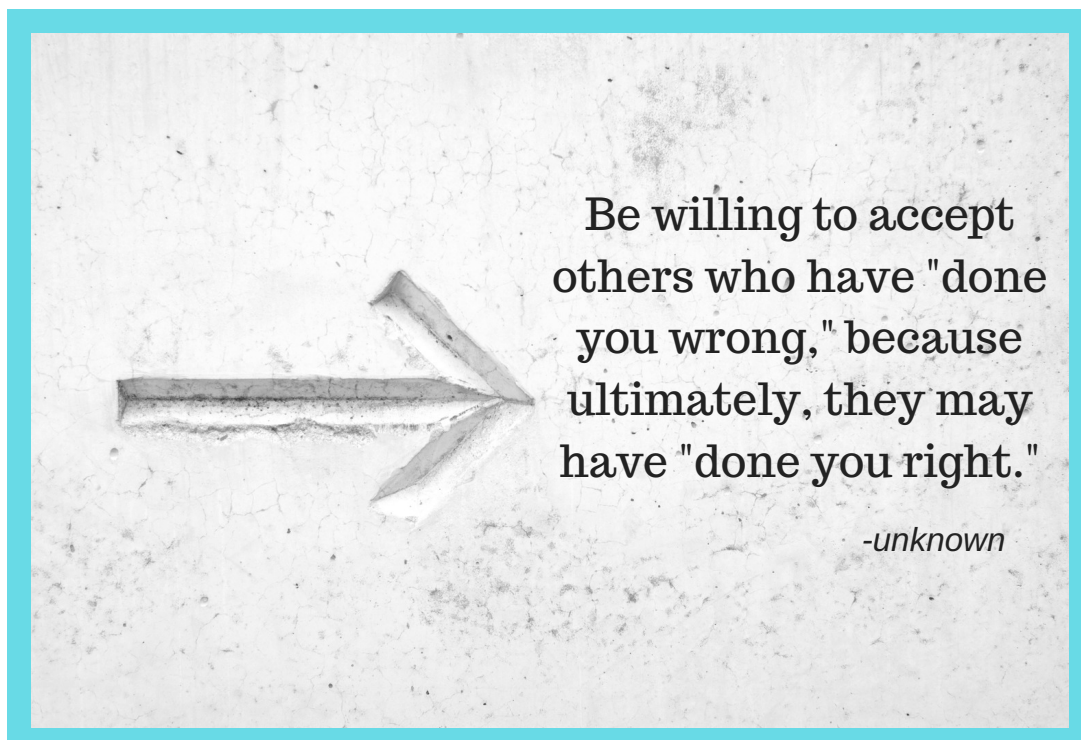
Don't torment yourself mercilessly for all the "should've, would've, could've" things you might have said or done that would've kept him from breaking up with you. It wouldn't. He still would've done the dirty deed. You didn't make that one colossal blunder which ended the relationship – it's just not possible.

Know that you did the best you could with where you were and what you knew at the time.

Do make a list of all your ex's annoying qualities

After a breakup, it's easy to ignore the bad and only remember the good or to make excuses for your ex's bad behavior. But this keeps you in stuck in the past.

Instead, make a list of what bugged you about your ex, like he never cleaned and made beer pyramids in the kitchen, or she constantly criticized you, or he was always rude to waiters. Refer to this list every time you feel yourself slipping and wanting to contact your ex.



7. Set Your Mind on the Right Things

Don't fixate on fixing it.

Don't play "Master Love Mechanic" and try and fix the situation, fix yourself for him, or fix your ex's problems. He (or she) didn't ask for it and doesn't want it, so don't do it.

Being a "fixer-upper" for someone else will only break you down. It won't make your break up better; it'll make it worse. Focus on repairing your own broken heart instead. YOU are the most important person in your life.

Do one or all of these 5 minute fixes.

Meditate for 5 minutes.

Whether you're into New Agey stuff or not, studies show meditation can be a huge mood booster. For just ten minutes a day you can tune out the crazy world and tune in to your fabulous self. Meditation also taps into that intuitive voice inside of you that says you deserve so much more. Try [Headspace](#) (I love it!) or any other meditation app that works for you.

Write a 5 minute letter to your ex.

There's so much you want to say but never got to. You're dying to call or text your ex just one-more-time to clear the stale air (or get closure), but can't because your ex has cut you out of his (or her) life.

So now what? Write it down. Get it all out. Then tear it up and toss it in the trash. Let it go. Never let your ex live rent-free in your head. Have a mental yard sale and clear those thoughts out once and for all.

Sit outside for 5 minutes.

A little fresh air can help you gain perspective and can shift your mood.

Spend 5 minutes cleaning out a drawer.

It gives you a mini sense of accomplishment *and* takes your mind off your ex.

8. Do the Good Instead of the Bad and It Won't Get Ugly

Don't take up any bad habits.

Love is an addiction and losing it can feel like you're going through a drug withdrawal. Don't trade one "love drug" for another. Overindulging in anything unhealthy will just mess with your head, heart, and body. Now's not the time to pick up any bad habits (actually that's NEVER). Now's the time to create better ones.

Do breathe, baby, breathe.

It's great for calming stress, clearing your head, and energizing your body. You can do it anywhere, anytime.

Do you want to text your ex? *Stop and breathe.*

Did you see an Instagram of your BF with someone new? *Stop and breathe.*

Are you driving to your ex's apartment? *Stop the car. Breathe...and turn around.*

Breathing Exercise:

1. Sit up straight, shoulders back.

Studies show that good posture improves your mood.

2. Breathe in for four seconds through your nose.

Fill yourself up with a huge dose of what you want: Love, abundance, happiness, success, etc.

3. Hold your breath for four seconds.

Hold onto one happy thought.

4. Slowly breathe out for four seconds.

Release any negative thoughts about you or your ex: Fear, regret, guilt, anger, hate, etc. Blow them out and away from you.

5. Repeat this three times or more. Do this daily.

9. Fast Friends or Friends-with-Benefits are never friendly options

Don't fool yourself about being "Insta-friends."

Your ex may want to still be friends (and may have already asked). Although it's tempting, you're not ready yet. If you still have feelings for your ex, don't take the friend route. Hit the brakes. It's not time.

Can you ever be friends? After the hurt has subsided, your heart has healed and you're feeling like yourself again, then (*and only then*) will you be able to decide if friendship is an option or not. (Take the "Ready or Not Friends Quiz" in "*He Did You a Favor.*")

How about "Friends-with-Benefits?" We all know how that ends, right? I get it and I've done it. The desire for emotional connection is strong. But FWB is connection without commitment. After the dopamine rush and the flood of oxytocin (the bonding hormone), you'll crash...and feel ten times worse.

Do Spend Time With Good Friends or Find New Ones

It's so easy to isolate yourself when you're feeling blue. But at some point, you've got to get off the couch and socialize again.

Begin with your "friends circle." Reach out to friends you may have eluded when your relationship became exclusive. Or when your ex became a control freak and hoarded all your time (I had a boyfriend who'd constantly put down my friends until I stopped hanging out with them).

Reconnecting with good friends is always a "do." Meet for coffee, drinks, or dinner. Whether they've seen you lately or it's been a while, I'm sure they'll be happy to spend quality time with you (providing you don't talk about your ex the entire time!).

While you're venturing off the couch and into the world, why not make new friends as well? Take a wine-tasting, art, or cooking class. Or sign up on [Meetup.com](https://www.meetup.com). The possibilities to explore what you love and to meet like-minded people are endless: Photography, tech, creative writing, etc. A client signed up for an Italian cooking class. After the first class, she felt better and made new friends as well.

10. The Bottom Breakup Line

Don't Go Down Obsession Road.

I spent many sleepless nights wrestling with why my breakup happened and what I could've done differently. It's crazy where my mind went. Was it the fact that I didn't like snowboarding (I was bruised from head to toe after the first day)? Was it that I fell asleep in the car too many times and didn't stay up and talk? Was it because I gave up writing to help him with his projects?

And if I hadn't tortured myself enough and needed to find more reasons to freak out, my thoughts went to the other woman and how much more amazing she must be because she was able to steal my husband away.

Having regret on replay is where we get into trouble. All this self-inflicted, psychological torture we mercilessly inflict on ourselves causes so much damage. Questioning what we could've done differently is a waste of precious time.

It's easy to view our past through rose-colored sunglasses -- to forget the bad and only remember the good. But this creates additional obsession and longing that's tough to shake off.

Finally, please don't let your obsession with this breakup spiral you into "all men suck" (they don't), or "I suck" (you don't). Never let one bad breakup blow up into obsessing about all your insecurities and all the things that are not working in your life.

You can't control what happened, but you can control your reaction to it.

In any situation, however powerless you feel, you always have a choice. You can suffer from this breakup or you can become self-empowered by it.

Bonus exercise: Write down everything you're obsessing about. When you're done, toss it. If find yourself sliding back into obsession-land, repeat this exercise as needed. Sometimes we need to do this several times before we're fully able let go).

Remember He Did You A Favor.

Over 85% of dating ends in breakups (according to Miss Matchmaker, Hellen Chen). Now before you throw your chicken soup at the wall, here's the favorable flip side:

Every break up gets you closer to the person you're truly meant to be with.

Use your post-breakup time to heal, reflect, and find your "happy place."

This is an opportunity to release old grief, reassess who you are, revisit what you want, and to revise your relationship requirements (even though you may not be ready to jump back into the dating pool, it's good to get clear on these in advance).

You will get through this.

Whatever your breakup situation, you *can* heal faster and get stronger. Not that you want to bulldoze over your feelings, deny your emotions, or miss out on reflecting what went wrong (and how you'll do it better next time), but know that every experience shapes us. **As difficult as it is right now, this breakup can help you break through to a better you and a better love life.** I've seen it and experienced it.

This is your chance to get to know yourself better, love yourself better, build a better YOU, and attract a better partner.

It's time to rewrite your story and create a new happy-ever-after.

"Sometimes our lives have to be completely shaken up to get us to the place we're meant to be."

-unknown

III. So what's next?

Your Next Steps to Healing and Moving On...

NEED TO TALK?

My coaching doors are open to help you with your breakup.

For a limited time, I'm offering a **FREE 15-minute coaching consultation**. This call will give you loving support at a time when you need it the most.

You may need...

- An unbiased, compassionate listener and consultant.
- Extra support to make strong choices or tough decisions.
- Someone who gets what you've been through.

You could use a breakup coach if you're...

- Fixating on your breakup and why it happened.
- Struggling to cut it off with your ex, including social media stalking, texting, checking his phone, or hacking into emails.
- Obsessing about what your ex is doing and if he's/she's with someone else.
- Having trouble functioning at work, because your emotions are getting the best of you (this happened to me for months).
- Constantly beating yourself up for everything you should've done that you believe would've kept him (or her) from dumping you.
- Feeling lonely...and you slept with your ex. Or are eating yourself into a coma. Or are numbing yourself with Netflix marathons.
- Missing your old self. You're just not sure where that person went and how to get YOU back.
- Lacking confidence and feel insecure about meeting new people or (yikes!) dating again.
- Tired of hearing yourself talk about your breakup (and honestly, your friends are too).
- You're ready to get over the break-up pain, let go of your ex once and for all, and find real happiness.
- Thinking, "He Did You a Favor," but you just can't figure out how to get there.

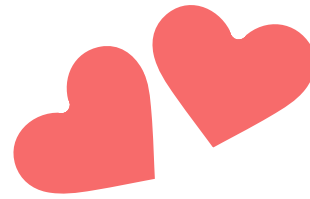


Sign up for your FREE coaching call [here](#).



With Debra's experiences and knowledge she has helped me through the how, why, and what's next. **She always has wise advice on dealing with an ex, children, dating, as well as dealing with YOU.**

- Kathy LaBagh
(Fashion Sales Executive)



"You changed the way I see my life and how I view myself. You are my new hero."

-Blaisan Quinta (TV Video Host, "Curvy Metalhead Show")

"Debra is a one of a kind coach. **Being that's she's been through much that I have, it was easy to relate to her because she understood what it was like to be on my end.** She's showed me how to see how amazing I really am and how to believe in myself.

- Fran Goldman (Associate Manager)



"Debra has a gift for getting to the essence of any problem I seem to be struggling with on any given day. She's excellent at providing solutions that allow me to really live the life I dream and break through my inner dialogue of self-defeating thoughts. She gives practical advice, inspiration, and has given me the confidence to be an autonomous writer and blogger."

After coaching with Debra I also walked away with a clearer mindset of what I need to get done to accomplish my greatest goals!

- Jessica Sisak (Writer/Blogger, "Divorcing Napoleon")

Are you on the list?



Get on the exclusive *Favor Power Party* list [here](#).

Join the Favor Party!

- ★ You'll get exclusive FREE ebooks like this one, fresh off the digi-press!
- ★ An all-access-pass to articles on dating, mating, and relating including:
 - 21 Reasons You Can Be Happy You Broke Up.
 - How to Increase Your Confidence and Ditch Self-Doubt.
 - Why He Keeps Texting Even Though He Broke Up With You.
 - Top Dating Tips Which Will Change Your Love Life Forever.
 - 10 Surefire Secrets to Get the Guy.
- ★ Be the first to hear about contests, courses, and giveaways.
(If you know me, you know I LOVE giving gifts!)

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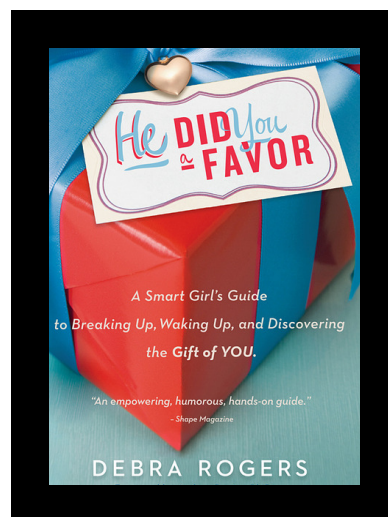
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Right now you can order your very own copy of: **"He Did You A Favor: A Smart Girl's Guide to Breaking Up, Waking Up, and Discovering the Gift of YOU."**

"He Did You a Favor" is a humorous, empowering, essential guide with straight-talk and advice to help you break away from Mr. So Very Wrong and break through the life (and love) you desire and deserve.

You'll also discover:

- How to use your breakup as fuel to step into the life you're really meant to live.
- How to conquer your fears, get back out there, and kick some serious butt in the world.
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Filled with true stories from Debra's own experience and that of other women, **"He Did You a Favor"** is helpful, hopeful, and healing.

"He Did You a Favor" is an empowering, humorous, hands-on guide with no-nonsense advice from women who realized their breakups were the best thing to ever happen to them."

-Shape Magazine (Named as: "One of the top ten winter reads")

"[Debra's] ability to get through what may be many women's worst nightmare may make it easier for readers to trust her advice, and here she dispenses it with a sassy sense of humor, focusing on building her readers up... a snappy, sensible guide to relationships."

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For anyone who has ever experienced getting dumped, ditched and feels like falling in a hole: Stop right there! Pick up this book, dust yourself off and read! You won't be sorry!

- Fran Lewis @ Just Reviews (5 stars & 5 Golden Relationships)

This is a great book for actually all women to read. Even if you haven't recently had a break up, it's a great read! She has some great advice for all women and men. It never hurts in life to discover the "Gift of YOU"!!

-Maggie @ Mommy's Gone Shopping Again

Don't wait! Order your copy today. Go to: hedidyounafavor.com.



Debra Rogers

Relationship Coach, Reinvention Strategist, Award-Winning Author

Debra is your best girl expert in the school of love. With years of dating and break up experience, including one crushing break up at eight months pregnant (which evolved into a supportive divorce and loving friendship) – she's earned her relationship MBA.

Debra's "The Ex Expert" who's heartfelt, humorous, tough-love advice has guided women (and men) into stepping into their power, passion, and purpose.



Debra offers her relationship expertise as a blogger on *The Huffington Post* and *Digital Romance*. She's also contributed to *Gal Time*, *Relationship Headquarters*, and has been recently featured in *The Washington Post* and *Fit Pregnancy*. She's appeared at the *LA Festival of Books*, *the Women's Journey Conference*, and *The Ultimate Women's Expo*. She's also guested on numerous radio shows and **has helped thousands of women (and men) get over their ex, get past self-doubt, and create a new happy-ever-after.**

He Did You a Favor has won high praise as well as numerous awards including: *The Independent Publisher Award*, the *Next Generation Indie Award*, and the *Indie Reader Discovery Award*. *Shape Magazine* named it one of their "Top 10 Winter Reads" and *She Knows* said it's "One of the top 7 books to read on Valentine's night."

Before *He Did You a Favor*, Debra worked the studio circuit for years as a script analyst and Development Associate for both film and television. Her passion for storytelling was further expanded as a writing consultant for numerous film and television writers. Debra's coaching's been described as: "powerful," "insightful," "inspiring," "generous" and "a rare gift."

She also built a successful voiceover career, voicing strong, powerful women in film and television from *Streetfighter* to *Xena: Warrior Princess*. **Through her life experience, she discovered her own inner warrior and found that the strong heroines she'd been voicing were also within her. Debra's now a warrior for others. She's become a catalyst for change in people's lives, both as a writer and as a coach.**

Debra's a passionate story junkie, dark chocolate lover, and change-making cheerleader who'll help you become the YOU you've always wanted to be.

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