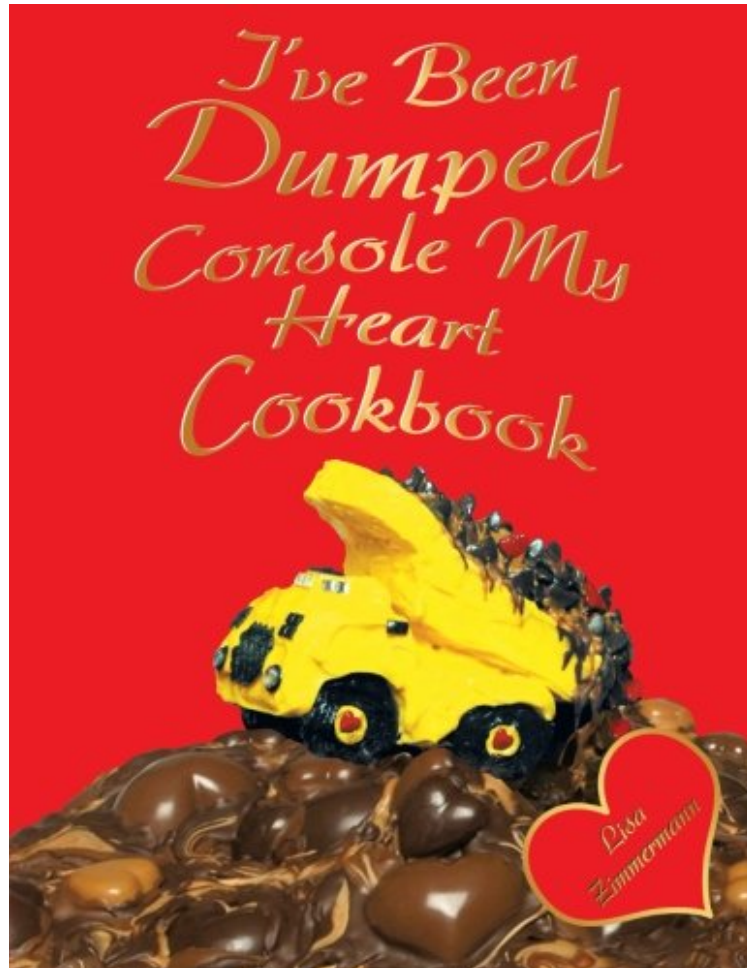


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# I've Been Dumped Console My Heart Cookbook

Lisa Zimmermann

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**Lisa Zimmermann : I've Been Dumped Console My Heart Cookbook** before purchasing it in order to gauge whether or not it would be worth my time, and all praised I've Been Dumped Console My Heart Cookbook:

To all who have been dumped and it's happened to most of us at one time or another - it can be an emotional time in which we, the dumpees, crave consolation. Generally speaking, licking our wounds is best accompanied by just the right drink, food, conversation and music. Utilizing these outlets helps ease us through the bad times with humor and hope. I invite you to experience every emotion you're experiencing through this cookbook. Just keep in mind that life is too short to be bitter, only better.

About the Author An Accountant by trade, my world is black and white. I never imagined that a personal relationship

would bring out my inner creative drive and I would write a book. It was the culmination of how the relationship ended that brought out the tumultuous emotions that I could only relate to drink, food, music, and conversation. The therapy of writing this book healed me and no Doctor could have helped me like I helped myself, as I learned that life is so short to be bitter, only better.