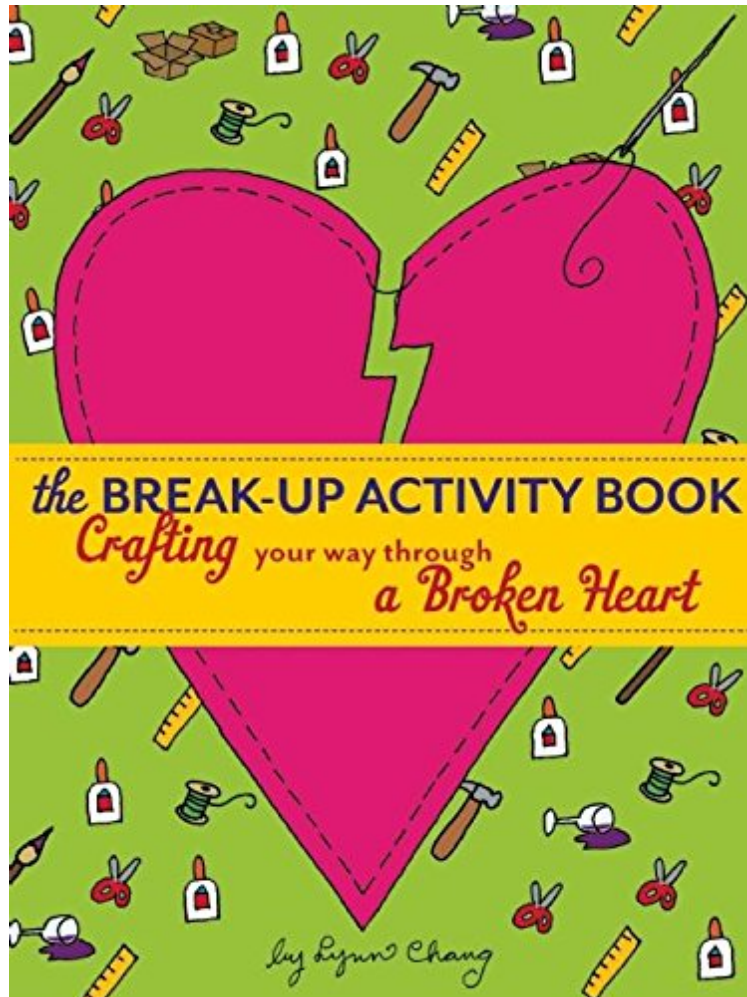


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The Break-Up Activity Book: Crafting Your Way Through a Broken Heart

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From Prospect Park Books : The Break-Up Activity Book: Crafting Your Way Through a Broken Heart before purchasing it in order to gage whether or not it would be worth my time, and all praised The Break-Up Activity Book: Crafting Your Way Through a Broken Heart:

1 of 1 people found the following review helpful. a funny, creative, and constructive gift for a friend after a breakupBy G. MitchellWhen stuff happens laughing and crafting are always great therapy. Lynn Chang's The Break-Up Activity Book: Crafting Your Way Through a Broken Heart is a positive, upbeat, and fun way to help a friend (or yourself) through a tough time. With abundant projects that provide revenge and keep you busy (the Baseball House of Cards), exercise your pent up feelings (Voodoo Sock), and make you chuckle (*Fun Tip from "Weepy Wipes": "You may make your hankies different sizes depending on the volume of tears you are shedding.") you will love giving a copy of

this book to a broken hearted friend. You may not want to share yours. 2 of 2 people found the following review helpful. Keep this book around!!!By Lydia BowersThe perfect gift for the I-just-can't-live-without-him girl in your life, The Break-Up Activity Book should be kept on hand (in fact, keep three as back-up), in the event of the demise of her relationship. Break-ups are not the end of the world, even though they seem like it at the time! The Break-Up Activity Book, while acknowledging the very real pain that comes with the ending of a relationship, provides a lighter side to the healing process. The book is divided into three main sections (for the despairing, angry, and ready to move on), and provides crafts, quotes, and yummy recipes designed to keep you on the path from sorrowful to survivor. It even includes an emotion map to help you track your progress. Lighthearted fun while still offering emotional support and good advice, Author Lynn Chang has compiled a variety of activities that will "keep your mind and hands busy, thereby reducing the time available for Facebook stalking and drunk dialing." 1 of 2 people found the following review helpful. booksbysteph says "Childish - Good Gag Gift"By booksbysteph"This year alone, 13 million people will shed salty tears for someone who is truly unworthy."Whether using your ex's best dress shirt to turn into handkerchiefs or taking a knife to his treasured baseball card collection, this book is full of crafts to occupy your time while you are grieving your loss. Just remember, "[h]e didn't deserve you anyway." I GIVE THIS BOOK: 2 out of 5 starsThis book is beyond ridiculous. Gag gift worthy only. The crafts are inappropriate and not logical; just plain silly. Only a crazy person would ruin the man's personal items, no matter what his indiscretion. Why keep that stuff around? If you are trying to get over a man, why make crafts involving his items, even if it is to destroy them. I am going through a break-up. Day 11. I do not want to see a single thing of his in my home. My heart is broken but I'm not going to weep in hankies made from his favorite shirt. I think the author should stick to writing children's books because that is what this book is - childish. Until next time, live life one page at a time!

It's a fact: immersing yourself in creative craft projects will help you survive the misery, anger, and heartbreak that accompany the end of a relationship. And the more these crafts involve long needles, sharp knives, and your ex's treasured keepsakes, the better you'll feel. Lynn Chang teaches you how to craft your way through the three stages of breaking up: Despair, Anger, and Rejoining the Living. She'll guide you through such projects as: Supportive Peanut Gallery Weepy Wipes Sustaining Snacks Drive-by Bingo Spy Game Cut Paste Revenge Voodoo Sock Puppet Baseball House of Cards Empowerment Haikus Before you know it, you'll be doing the Pre-flight Dating Checklist and the Happily Ever After Cut Paste, and you'll be strong enough to survive the next breakup. Lynn Chang may be happily married now, but she's had her heart broken enough to have made a drawer full of voodoo sock puppets. A crafter, artist, designer, toy developer, and former actress and standup comedian, Chang is creative in every imaginable way. She's also the author or illustrator of many successful books, including the Look at Me! children's titles (Chronicle Books), Yoga for Cats (Chronicle Books), and Dysfunctional Family Paper Dolls (Imagineering).

About the Author Lynn Chang: Lynn Chang is the writer and artist of many popular gift, humor, children's and craft books for such publishers as Chronicle and Andrews McMeel. They include Costumes for Your Cat, Disguises for Your Dog, Concerned Paper Dolls, Yoga for Cats, and the award-winning book Look at Me! Vehicles Animals.