

AUDREY GAGNAIRE

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The Art of the Breakup 2.0

Author: Audrey Gagnaire

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The art of the breakup 2.0.

In this book, the author analyses the new codes of online dating. She treats various stages of the relationship in four parts: over before it starts (the dating stage), the beginning of the end (for a couple), ending the agony (total breakup) and unforgettable gems in the 'Sorry or not sorry' section. This book is also a practical guide, richly illustrated with lots of screenshots: it explains what to do/what not to do when ending a relationship, with lots of advice on how to get over being ghosted, or how to bounce back from rejection...