



How to Heal the Hurt by Hating

Anita Liberty

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How to Heal the Hurt by Hating Anita Liberty

"I wish we were back together for just one night . . .

so I could push you out of my loftbed while you were sleeping."

Satirical and sharp, downtown New York City performance artist Anita Liberty reinvents self-help as she skewers her ex-boyfriend in this hilarious, hip, and audaciously candid collection of advice, poems, and diary entries.

"I thought you were a gifted and tortured artist.

I was wrong.

About the gifted part.

Oh.

And the artist part."

From romantic bliss to brutal breakup, from heartache to healing, this fierce, funny, and ultimately liberating homage to being "dumped" rips off the stiff upper lip in favor of a red-hot therapy of wit, wisdom, rage, and redemption. And now, a few words from Anita Liberty . . .

"COMPROMISE--

Lowering my standards.

So you can meet them."

"You're a bad habit.

I want to kick you.

Hard."

Includes free postcards to send to that special someone!

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Effie Phillips:

The actual book How to Heal the Hurt by Hating has a lot of knowledge on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research just before write this book. That book very easy to read you may get the point easily after looking over this book.

Bryon Diaz:

People live in this new moment of lifestyle always make an effort to and must have the time or they will get wide range of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is usually How to Heal the Hurt by Hating.

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