



Don't Call That Man!: A Survival Guide to Letting Go

Rhonda Findling

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There is life after a failed relationship, as long as you *Don't Call That Man!*. In this inspirational, revolutionary guide to letting go and moving on after the trauma of a breakup, psychotherapist Rhonda Findling teaches women how to triumph over the almost obsessive urge to pick up the phone. With its prescriptive, easy-to-follow approach, *Don't Call That Man!* is an indispensable tool for weathering the pain of heartbreak. It features simple exercises that provide an emotional outlet for a difficult process; charts that schedule free time away from the telephone; and much more, including:

- Moving on from a ruined relationship
- What is an ambivalent man, and how do you get over him?
- Mothers, fathers and men
- Building and using a support system
- The 10-Step program to not call that man

Step-by-step, from heartache to healing, *Don't Call That Man!* is a map on how to heal the pain of a lost love; how to overcome feelings of neediness and desperation; and above all, how to regain focus on what's important and it's not calling that man. It's the perfect book to embrace on the way to a new and more gratifying relationship.

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