



How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between

By Jamye Waxman

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Not all relationships are made to last forever. Sometimes what starts as a beautiful friendship or productive partnership turns toxic, or one-sided, or unhealthy – and the best solution for both parties is to end it. In *How to Break Up With Anyone*, relationship expert Jamye Waxman has written a much-needed guide to every step of a non-romantic breakup. Drawing from her own experiences, Jamye provides strategies for disengaging from a friend, family member, community, or even former version of oneself, addressing both practical and emotional concerns. While ending a relationship can be painful, Jamye's positive message focuses on the ultimately liberating aspects of putting unhealthy relationships to rest.

Chapters include:

Breaking Up Versus Taking a Break
Best Friends Forever No More
Breaking Up With Family
Kissing Community Goodbye
Relabeling Your Sexuality and Gender
Breaking Up With Your Career
Breaking Up With Anyone Else
Being Broken Up With

How to Break Up With Anyone provides the tools for anyone to initiate a breakup, the encouragement to get through it, and the wisdom to recognize that they don't have to settle for anything less than productive, healthy relationships. Covering a variety of relationships, *How to Break Up With Anyone* is a timeless resource for people of all ages.

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Editorial Review

About the Author

Jamye Waxman, M.Ed started her professional career as a radio producer. From there, she launched into the field of human sexuality and relationships – as both a sex educator and media personality. Jamye is currently pursuing an MA in counseling psychology and a PhD in human sexuality education.

Jamye is a sought-after-speaker and media consultant who has been interviewed by top media outlets including *Forbes*, *Women's Health*, *Cosmopolitan*, *Glamour*, *Heeb*, The Doctors, MTV, Playboy TV, and The History Channel. She is also a regular contributor to *Playgirl* magazine.

Jamye is the author of *Getting Off: A Woman's Guide to Masturbation* and the co-author of *Hot Sex: Over 200 Things You Can Try Tonight*. She lives in Northern California.

Users Review

From reader reviews:

John Lee:

Playing with family in a park, coming to see the sea world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

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