



Dump 'Em

Jodyne L. Speyer

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Everybody has that special someone in their life that they can't wait to get rid of. Whether it's a housekeeper, a therapist, or a personal trainer, the time comes when you have to pull the plug on the relationship.

Featuring personal stories, useful scripts, and interviews with experts such as Bob Harper from *The Biggest Loser*, funnyman Adam Carolla, and Michael Jackson's attorney, Thomas Mesereau, *Dump 'Em* is a practical guide for giving any bad relationship the boot. Jodyne L. Speyer provides a roadmap to finding your own way of saying "thanks, but no thanks." Written with honesty, empathy, and ruthless wit, *Dump 'Em* will teach you to conquer your fear of confrontation and master the art of the peaceful and permanent breakup. So what are you waiting for? Dump 'em!

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