



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:

Jimmy Torres:

This How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This specific How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between without we know teach the one who reading through it become critical in thinking and analyzing. Don't be worry How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between can bring when you are and not make your carrier space or bookshelves' become full because you can have it with your lovely laptop even cellphone. This How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between having excellent arrangement in word and also layout, so you will not sense uninterested in reading.

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