



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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Dianne Tripp:

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Dana Register:

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