



The Break-Up Activity Book: Crafting Your Way Through a Broken Heart

By Lynn Chang

Prospect Park Books. Paperback. Book Condition: new. BRAND NEW, The Break-Up Activity Book: Crafting Your Way Through a Broken Heart, Lynn Chang, It's a fact: immersing yourself in creative craft projects will help you survive the misery, anger, and heartbreak that accompany the end of a relationship. And the more these crafts involve long needles, sharp knives, and your ex's treasured keepsakes, the better you'll feel. Lynn Chang teaches you how to craft your way through the three stages of breaking up: Despair, Anger, and Rejoining the Living. She'll guide you through such projects as: * Supportive Peanut Gallery * Weepy Wipes * Sustaining Snacks * Drive-by Bingo Spy Game * Cut & Paste Revenge * Voodoo Sock Puppet * Baseball House of Cards * Empowerment Haikus Before you know it, you'll be doing the Pre-flight Dating Checklist and the Happily Ever After Cut & Paste, and you'll be strong enough to survive the next breakup. Lynn Chang may be happily married now, but she's had her heart broken enough to have made a drawer full of voodoo sock puppets. A crafter, artist, designer, toy developer, and former actress and standup comedian, Chang is creative in every imaginable way. She's...

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