

Fuck off and die

<INSERT YOUR EX'S NAME HERE>



So you've been dumped by a cunt

This book was made to help you get that fucker out of your system a little faster.

It's not meant to enlighten you or help you along any kind of spiritual journey. It's here to help you vent, scream and (hopefully) have a bit of fun too.

There's no right or wrong way to use this thing. It's here for you, however and whichever way you like.

Jump to any page. Do what it says or do whatever the hell you want.

The edges are perforated so you can rip out pages and read them when you need to – a bit of crack for your broken heart.

We gave you matches because, well, burning shit feels good. Head to the final page for more on why we recommend setting stuff on fire.

For now, we give you a heart-felt hug and a mighty high-five. We may not know each other, but we're 100% on your side.



Good riddance

List all the shit you're saying good riddance to in your relationship. Get stuck into the deep stuff, but don't forget the little things that made him ultra irritating. No trait is too petty or intense.

Good riddance to...



You are fucking awesome

It's fairly goddamn likely that your self-esteem has been served a mighty blow. The good news is that even though you might not feel it, you're still fucking awesome.

List everything that is good about you. Include seemingly silly shit like the fact you have shiny hair.

I am awesome because....



Your crew

Getting dumped is fucking lonely. You spent most of your time with one dude – asking for his opinion, sharing jokes, staring at Netflix. But you're not actually alone. It's just your stupid brain telling you this.

Native Americans believe you're not just backed by the love of your friends and family, but all your ancestors too. So list all the people who have ever been there for you. They can be dead, alive, past friends or current ones.

These people are behind me right now...



Phone a friend, not the cunt

You probably phoned him when your boss was a dick, or when you wanted to talk about that weird looking dog you saw crossing the street. These seemingly small conversations are often what you miss the most. Then there's the heavier stuff.

Don't worry. It's time to upgrade.

- Go to your phone and delete him from 'Favourites'.
- Replace him with at least 3 other people.
- When you feel shit or need to talk shit, call them instead.

Add people who are good at listening, and leave you feeling better after a conversation. They'll be stoked to make your list.



Chain smoke

To your brain, a break up is just as fucking traumatising as the death of a loved one. So if you need to chain smoke while you get through the initial grief, do it

We did say we're not psychologists. In fact, we don't really care about what's good for you. We only want to help you through the dark abyss that is that first month, or so, without him. So list those pick-me-ups that make you feel good instantly.

We started this one for you...

- Get drunk with a mate.
- Hug a dog or cat (if you can catch the cat).
- Take a fucking day off work.



Don't make any fucking decisions

When you're grieving the end of a relationship, it's really tempting to quit your job, move to a new town or tell your dickhead mate what you really think of her. Hold off.

Give yourself a month, at least, before you make big life decisions. Right now, you're not yourself. Just deal with the pain day-by-day, minute-by-minute, and leave the big stuff alone for now.

This list is for those ideas, which you can come back to later...



Burn baby burn

Yes, we're fully aware of the connotations behind burning books, but trust us, this is different.

We gave you a book of matches, because sometimes it feels good to burn shit. And while his house and possessions are a good-looking option, we strongly argue he's not worth the jail time.

If you're into energy, you could say that all of the hurt and heartache you poured into this book can be released in the smoke and ash of a responsibly located fire pit.

Letting go is a big part of getting over the fucked up pain of a break up.

We know a bit of fire isn't going to take all the hurt away, but meaningful gestures are healing in their own special way.

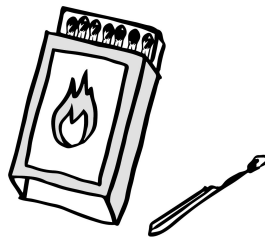
So if and when you feel ready, light the fire.

Trust us when we say, you will burn bright again.



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Or not, whatever.

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