

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...



One page is all you get.

Buy the full version at www.fodbook.com.

Part proceeds go to women escaping domestic violence.

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Contact: Sarah Robinson. info@fodbook.com *Fuck off and die*. This book may be ordered online from the Publisher at www.fodbook.com, or try your local bookstore.

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