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The Frisky 30-Day Breakup Guide is Coming!

And it's filled with tips from celebs on how to move on from your ex from our BFF's at The Frisky.

Updated on May 18, 2011, 5:28 pm ET

By Sarah Polonsky Find in Celebrity Related videos | articles | comments | share it

One Month of Manicures, Massages, and Mojitos to Help You Forget About Him
Jamie Beckman

Having trouble getting over your last relationship? Don't fret! **The Frisky's Jamie Beckman** has a new book out this summer to help you move right along onto your next victim. Introducing *The Frisky 30-Day Breakup Guide*—a nifty new tome that will have your heart on the mend by Fall Fashion Week.

[Read My Best Friend Stole My Boyfriend!](#)

Let well-known experts and celebs like **Audrina Patridge** help you get over the ex with their handy advice.

"Surround yourself with loved ones and give yourself a few things to look forward to," Audrina advises. "It's important to have fun things planned when you're going through a breakup, because it's pretty easy to wallow in your sorrow and feed your depression."

The book includes a breakup calendar with helpful tips for each day from strong women in their respective fields. Find out how to pick out the perfect sexy dress from *American Idol's* wardrobe stylist, a step-by-step hair makeover tips from the lead stylist of *Gossip Girl*.

You'll be over that guy in no time!

TELL US: What do you do to move on from an ex?

Sarah Polonsky is a senior editor at BettyConfidential.

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Will buy it for sure!

#2. violetgal on 06/25/2010 - 2:34 pm (EDT)
I love The Frisky

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Sounds like a good book to boost you back into a healthier state of mind.

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wow - this is just what I need

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and who better to give advice than audrina patridge???

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