



How to Break Up With Anyone: Letting Go of Friends, Family, and Everyone In-Between

Jamye Waxman

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Not all relationships are made to last forever. Sometimes what starts as a beautiful friendship or productive partnership turns toxic, or one-sided, or unhealthy – and the best solution for both parties is to end it. In *How to Break Up With Anyone*, relationship expert Jamye Waxman has written a much-needed guide to every step of a non-romantic breakup. Drawing from her own experiences, Jamye provides strategies for disengaging from a friend, family member, community, or even former version of oneself, addressing both practical and emotional concerns. While ending a relationship can be painful, Jamye’s positive message focuses on the ultimately liberating aspects of putting unhealthy relationships to rest.

Chapters include:

- Breaking Up Versus Taking a Break
- Best Friends Forever No More
- Breaking Up With Family
- Kissing Community Goodbye
- Relabeling Your Sexuality and Gender
- Breaking Up With Your Career
- Breaking Up With Anyone Else
- Being Broken Up With

How to Break Up With Anyone provides the tools for anyone to initiate a breakup, the encouragement to get through it, and the wisdom to recognize that they don’t have to settle for anything less than productive, healthy relationships. Covering a variety of relationships, *How to Break Up With Anyone* is a timeless resource for people of all ages.

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