



Dump That Chump! (Paperback)

By Debra Mandel

William Morrow Company, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Too many intelligent, attractive women these days find themselves trapped in destructive, unhealthy relationships, or simply settling for far less than they deserve. In Dump That Chump!, psychologist, author, columnist, and speaker Dr. Debra Mandel offers an essential nine-step program that will enable you to recognize the red flags and walk away from unhealthy relationships. Combining sensitivity with a positive take charge approach, Dr. Mandel provides checklists, quizzes, true stories, and exercises to help you restore your self-esteem and rid yourself of guilt and shame—so you can Dump That Chump! once and for all, and turn your love life around.



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