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The Man Diet: One Woman's Quest to End Bad Romance

By Zoe Strimpel

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Man Diet: One Woman's Quest to End Bad Romance, Zoe Strimpel, Be honest, How often do you: Immediately check out the Facebook page of a guy you've just met? Send drunken texts that make you want to cringe the next morning? While away whole evenings analysing your love life with your mates? Answered yes to any of the above? Then you need this book. The single woman has never had it so good - or so you'd think. As Zoe Strimpel discovered, the reality can often be one of Junk Food Love, in other words: negative man-related experiences, corrosive man-obsessing thoughts and damaging man-related actions. Determined to help her fellow single woman, Zoe put herself on The Man Diet: ten no-nonsense rules to stop you binging on bad romance and help you sort the wheat from the chaff - emotionally, sexually and romantically. This isn't a book about snaring a man; it's about treating yourself well while you're single and putting you on the right track to happiness. If you loved Caitlin Moran's *How to be a Woman* and Grace Dent's *How to Leave Twitter*, you will love this book.



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