

This summer's best new age "How To" is an uplifting inspiration for any woman finding her true self!



Annie Medwin has been making serious noise with her first publish, "How to Survive a Breakup in 7 Days". After quitting her corporate job of the 10 years, Medwin made a conscious decision to change the way she lived and worked. Buying a van, and hitting the road to travel around Australia, Medwin found her calling empowering females to recover from loss and heartbreak with her fresh way of thinking by putting pen to paper in this self-help guide to breakups and relationships.

This sassy read will knock that pint of Ben & Jerry's right out of your hands, strip off those week-old jarmies and onto the road (in your best pumps of course) to being the ultimate version of yourself. Always trying to improve herself, Medwin has bought the books and listened to the podcasts and girl has she paid for those webinars, and at the end of her findings, the biggest lesson of all was right there in front of her.

She's now bringing you real-life, raw and relatable stories from her previous relationships to show that no matter what you are faced with, once you find your true self, all will be delivered to you. Medwin says of the most important lesson she has learnt, "self-help books repeat the same messages without just getting straight to the point, tell me quickly how I can get through this in a straightforward, easy-to-understand way". She'll cut through the BS, save you the time and money and give you 7 days of empowering badass bitch confidence.

These short, sharp, process-driven strategies will get you through this moment in time, and on the road to living your best life! (YTG)

Think of her as your best girlfriend, relatable, protective and sassy - Just how it should be!

She doesn't beat around the bush, she lays it down precisely, keeping it very real, completely raw and honest when required. And yes there are some dirty little secrets in there too, plus she'll inspire that stunning ass of yours into a new self-love freedom that you've always dreamed of!

This read will guarantee you the best hot girl summer!

How to Survive a Break Up 7 Days is available now on Amazon and all your favourite book websites:

<https://www.amazon.com.au/How-Survive-Breakup-Days-Finding-ebook/dp/B0948PBRP9>

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