



I've Been Dumped Console My Heart Cookbook

Lisa Zimmermann

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To all who have been dumped and it's happened to most of us at one time or another - it can be an emotional time in which we, the dumpees, crave consolation. Generally speaking, licking our wounds is best accompanied by just the right drink, food, conversation and music. Utilizing these outlets helps ease us through the bad times with humor and hope. I invite you to experience every emotion you're experiencing through this cookbook. Just keep in mind that life is too short to be bitter, only better.

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