



How to Heal the Hurt by Hating

Anita Liberty

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"I wish we were back together for just one night . . .

so I could push you out of my loftbed while you were sleeping."

Satirical and sharp, downtown New York City performance artist Anita Liberty reinvents self-help as she skewers her ex-boyfriend in this hilarious, hip, and audaciously candid collection of advice, poems, and diary entries.

"I thought you were a gifted and tortured artist.

I was wrong.

About the gifted part.

Oh.

And the artist part."

From romantic bliss to brutal breakup, from heartache to healing, this fierce, funny, and ultimately liberating homage to being "dumped" rips off the stiff upper lip in favor of a red-hot therapy of wit, wisdom, rage, and redemption. And now, a few words from Anita Liberty . . .

"COMPROMISE--

Lowering my standards.

So you can meet them."

"You're a bad habit.

I want to kick you.

Hard."

Includes free postcards to send to that special someone!

How to Heal the Hurt by Hating Details

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Author : Anita Liberty

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Stella says

?να χιουμοριστικ? βιβλ?ο. Η συγγραφ?ας πολλ?ς φορ?ς αυτοσαρκ?ζεται, μοιρ?ζεται τον <<π?νο και την δυστυχ?α>> του να ε?σαι τρι?ντα και αδ?σμεντη, βρ?ζει σχεδ?ν τους π?ντες (μα κυρ?ως του ?ντρες, αν και η ?δια δηλ?νει πως μισε? μον?χα ?ναν) και γενικ?τερα, οι σελ?δες περν?νε με μια "ελαφρ?τητα" και ευκολ?α. Χαλαρ? και χωρ?ς πολλ? πολλ?, μετ? απ? κ?ποιο σημε?ο με κο?ρασε.

Amy says

Funny. Scary, but funny. For someone still involved in a 30+ year relationship, I couldn't really find commonality, but I could still enjoy the acerbic wit behind it. Anita Liberty, if that's her real name, is talented and witty. But scary. I finished the book thanking The Powers That Be that I wasn't Mitchell.

Makayla Thee says

women be angry and rightfully so

Ben says

Anita Liberty, poet and performance artist, is one fucked up bitch! Hilariously fucked up, that is! This book - I should say collection of random thoughts, rants, haikus, and scary, scary shit - is so very wonderful and precious. It shows that the only emotion more powerful than love is hate.

gabrielle says

The premise is cute, and there's some funny "poetry" in here, but other than that, this didn't do much for me.

This was also the first book I read on my nook, and I don't think the pages rendered quite right (there were definitely some OCR problems) so that may be influencing my opinion.

Tovah Aho says

The best part of the book may be the included postcards..

Peacegal says

When a guy and a girl part ways, the guy usually tries to "still be friends" while the girl ends up on a therapist's couch. Or, if she's Anita Liberty, she turns her heartache into a stand-up comedy act and companion book filled with sneering rage at the loser who dumped her. Whether your Mr. Wrong experience happened last week or a decade ago, women everywhere will relish sharing in the humor, heartbreak, and yes, hate that seems to be a universal experience.

Liberty's rather avant-garde little book of poems, quotes, and diary entries breathes fresh air into the old cliches of breakup etiquette:

Well, I have to dwell on something...it might as well be all those times he hurt me. Who said time heals all? I say time heals nothing. Because each new injustice takes its cue from the one before, and the one before that...BECAUSE THAT WAS THE WORST ONE. He doesn't realize it, but I'm doing him a favor, really. If I don't hold him accountable for his actions, who will?

The fact that her painful breakup occurs right around the same time as her sister's wedding allows Liberty to make some deliciously damning observations of the life script-following masses surrounding her:

Time has **not** been wasted. Quite the opposite, in fact. While my peers have been blindly falling off the cliff like lemmings pushed by society's hand, I have been living my life as only I can live it: Disappointing the expectations of others.

These are words that can be taken to heart by any woman who marches to a different drummer, whether or not she is in a relationship. Which brings me to my favorite segment of the book (and it was hard to choose just one): a poem titled "A Wasted Life," which Liberty identifies as the one she *wished* she could have read at her sister's wedding:

The aisle. The aisle paved with the souls of women locked in a silent scream of regret and wasted dreams. The women whose satin-heeled feet clip-clopped towards a future of cloying and insincere promise. Women, who willfully promenade from one man to the next. Given, as it were and as it will always be, away by a man who never held the deed of ownership to another who never will. ... my sister, born of the same womb as I, will walk numbly down the aisle, and leave yet another gutted shell underneath the dainty step of society's next victim of tradition.

As someone who seriously questions the institution and culture of marriage, this poem held special

significance for me. It articulated many of the hard-to-define feelings I already hold about weddings and matrimony.

Thank you, Anita Liberty, for having the courage to write this book. It no doubt brought many smiles and vicarious revenge to women who have been there, and even some who have not.

Alex says

This is an amazing read.

I actually first read this when my speech teacher had me cut it for a peice.

It was amazing.

Anita, you know your love poems or slam poetry really. :)

Christina says

3.5 stars. Bought this book a long time ago. A combination of humor and poetry that made me laugh out loud a couple of times. Didn't realize until I read the author bio at the end that it was entirely fictional (I assumed there were some creative liberties taken, but I thought it was part memoir). Still, an entertaining, quick read.

Patrice Sartor says

I came across this title while I was looking through my local library's poetry section. The title was so different than all the other hordes of deeply sensitive and introspective works, that right away I was charmed. Even though I don't hate, or have any hurt to heal.

I wasn't disappointed. Thank you, Mitchell, for being such a douchey boyfriend that Anita used your failed relationship as an impetus to stoke her career. She slanders Mitchell left and right, with diary entries, short poems, long and rambling verse, and sometimes just a word or three and some well-placed space.

I hope that writing this book (and all the other anti-Mitchell propaganda Anita was involved in) proved to be a worthy catharsis. Since she's now married with a daughter, I'm guessing all is well.

Plenty of laugh-out-loud moments, and hey, you might also learn something. There's some good advice hidden inside.

Kim says

OK. The title is a bit scary, but I bought it at the time when I was ending a no-good relationship. And it intrigued me. The book was really great, not just manhating drivel, but more an inner dialogue of a woman going through a rough breakup. It runs through all kinds of emotions, from anger to self-pity to mourning. The author (a stage character of the real author) is both witty and glaringly truthful and this is a great book to read if you need to feel a little anger to cleanse your soul. Heck, I'm in a great relationship and I still keep it

around just to give myself a giggle every once in awhile!

Mary says

Many years ago, this book called to me from the shelf, at a time when it couldn't have been more appropriate. Heartbroken? The best revenge is laughing your ass off. You will find yourself in the pages of this book and you will love it. I have read, reread, purchased, and distributed this book probably more than any other. All her books are not-to-be-missed, but this is my tried and true favorite. Do yourself a favor.

Valerie says

The book was recommended by friend (who has only let me down once out of several books).Otherwise I would have never heard of it.

The title sounds awful but what a fun book. Really worth the read. Anita is a performance poet, which I guess is like slam poetry. This certainly is. You'll feel better for reading it.

Even though Barnes & Noble had her do a book signing I had to have them order the book for me as it was not on the shelves.

To check the book out go to the author's web page.

becky says

the best part of this book was the jacket. enough said.

Ecclectiscapist says

Cute, funny, quick read when you're halfway through a particularly mess breakup. No matter how well or poorly you've handled it, will make you feel much more mature. Or give you bad ideas about terrible things to do, if your inhibitions are particularly low (or evil streak is riled up).

Thankfully, that was not the case. So instead, I just laughed. A lot. And felt a little better. It really critiques women who do that more than the boys who fuck them over, in retrospect, though I think some part of every woman who's ever been hurt has fantasized in anger about doing something terrible like that at least once in her life.
