



Don't Call That Man!: A Survival Guide to Letting Go

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There is life after a failed relationship, as long as you *Don't Call That Man!*. In this inspirational, revolutionary guide to letting go and moving on after the trauma of a breakup, psychotherapist Rhonda Findling teaches women how to triumph over the almost obsessive urge to pick up the phone. With its prescriptive, easy-to-follow approach, *Don't Call That Man!* is an indispensable tool for weathering the pain of heartbreak. It features simple exercises that provide an emotional outlet for a difficult process; charts that schedule free time away from the telephone; and much more, including:

Moving on from a ruined relationship
What is an ambivalent man, and how do you get over him?
Mothers, fathers and men
Building and using a support system
The 10-Step program to not call that man
Step-by-step, from heartache to healing, *Don't Call That Man!* is a map on how to heal the pain of a lost love; how to overcome feelings of neediness and desperation; and above all, how to regain focus on what's important and it's not calling that man. It's the perfect book to embrace on the way to a new and more gratifying relationship.

Don't Call That Man!: A Survival Guide to Letting Go Details

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Angelica says

Certainly a good little book to have nearby when those urges to call an ex arise. It is more suitable for short-term relationships though, and not very helpful if one is getting out of a longer term serious relationship. But it is a quick read, and helpful to know that the urges are common, if not normal, and to be reminded that an ex is an ex for a reason and ultimately not worth the time and effort we women waste thinking about them.

Emily says

I LOVE this book. I am not a white trash girl who catches all the garbage and creates her own drama. I'm a successful woman with an education, just REALLY bad taste in men. I read this right after I broke up with my ex of 8 miserable on and off years. It helped me understand why I should stay away, why this guy was bad for me and why I deserved to be treated normally. It also forced me to make a list of 'must haves' that started out pathetic, i.e. must have a job, must have their license, must not have gone to jail etc. to now having things like, must be ambitious, healthy, have or earning a graduate degree and be open minded. I stayed single and healed for the two months I slowly read through the book and did all the writing exercises. It literally changed the way I think about things and I am currently dating a great guy that meets ALL of my must haves and is NONE of the awful things my ex was. YAY!

Raluca Micu says

A very insightful book!

I have recognised myself in so many of the women and also recognised so many of my childhood issues in the pages of this book.

Leah Sidell says

In this self-help, non-fiction text that mentors women of letting go of a relationship, the author Rhonda Findling uses a comforting, yet relatively assertive tone to guide her readers on how to move on after the agony of breakup. The author teaches women how to cope with their desperation of a painful relationship and break out of the obsessive cycle of calling him over and over again.

The author uses a forceful tone well in her book to teach women how to handle a break up in a healthy way. In step 5 of the author's 10-step program on not to call that man she says, "think of the negative consequences that can result from the contact. Avoid thinking of any positive memories at this moment. Don't romanticize the relationship. In fact, think of all the negative qualities of your ex. Remember the times you were dissatisfied with the relationship with him. Even though they might seem Think of the negative consequences that can result from the contact. Avoid thinking of any positive memories at this moment. Don't romanticize

the relationship. In fact, think of all the negative qualities of your ex. Remember the times you were dissatisfied with the relationship with him". This is a great representation of the author sounding demanding, but yet wants woman to learn that they deserve the best and they don't to settle. The author wants woman to be able to have the strength to walk away if they need to. Sometimes being stern with woman is the best way for them to listen.

The author takes her readers from heartbreak to healing by giving advice on how to resist from picking up the phone and calling. She is passionate about giving woman other alternatives to keep their mind busy. She allows her readers to feel relaxed and have a sense of relief, by advising them to do writing exercises about why they want to call him and then reminding them to focus on his flaws. Rhonda portrays confidence and strength by letting woman know they don't need a man that causes them pain and that they are going to be okay and they will find a more delightful relationship.

This text has a lot of useful exercises that teaches relaxation and helps the mind focus on something else when it is having a negative thought. I can use it during a mini lesson by doing a calming exercise to let students get all the bad thoughts out of their minds and be able to relax. Sometimes school becomes really stressful and students don't have a moment to be able to take a deep breath and empty their stressful thoughts. I would have my students go sit outside take a deep breath and just write about something that has been bothering them or something that made them extremely happy. This will allow the students to let out what ever emotion they are feeling and share it with their classmates. By letting the students sit outside they are in nature, which is really calming and they will be able to smell the fresh air and hear the birds and just take a break from the constant noise in the school building.

Ashley says

After a breakup, this goes with the cigarettes and wine.

Fina Tams says

Good book! I am currently practicing this book. It's hard to let him go

Carla Kaiser says

This book really helped me make it through that first week after a breakup. It is easy to read (no psychobabble buzzwords or academic mumbo jumbo). Using straightforward language, the author points out common ways that most women deal with breakups, and why it is in my best interest to not call that man. Besides telling us what not to do, she also provides examples of things we can do to speed up the process of getting over the ex.

It's a simple strategy that any woman with a shred of self respect can handle. I am a bit of a relationship book junkie, and this is one of the best I've read so far. It's up there with Manslations, Why Men Love Bitches, Return to Love, So Long Insecurity, and the Vortex.

Neatia says

A lot of the principles outlined in the book seem obvious, but it's still useful for someone who is going through a breakup and trying to let go. While it's nearly twenty years old, many of the psychological principles hold up. A further note in response to some of the more negative comments: it never said that all women were clingy, or that your parents are definitely the source of all psychological trouble. The book is addressed to women who are clingy and want help to stop, and the book only said that parents may be the source. There is a big difference. I wish this book had a section for platonic or familial relationships, but that absence is hardly unusual.

Chriss says

I was on a kick of buying every kind of dating book out there after going through a rough breakup recently and this was one of those that looked promising. There was some good points however it probably didn't really apply to me because I wasn't calling him. I did need to hear the part about not wasting my time on an ambivalent man though so for that it was worth it.

Becky says

Okay, so it's a little embarrassing to admit that I needed this book -- admitting a weakness in never comfortable -- BUT, it was great and worked and every time I felt the urge to call, I read a little snippet and it reminded why I really *did not* want to. After a while, I no longer needed the book - which is a good thing! Unfortunately, I gave it to Goodwill after I got married, but I wish I would have kept it to pass on to friends.

Laurieculleton says

After a bad breakup my Mother bought this book for me. It is very helpful. It really makes you think about how important you are and how to overcome the pain. Too bad I am stubborn and did not listen to the author's advice. I would have saved a lot of time.

Aimee says

I love this book. It was very funny and very helpful.

josaleeni says

If you are at all attracted to the title of this book, you should probably read it!

John says

The cover is awful but the contents are well written with excellent journal questions. It is an easy read and is a good pre read to *Women Who Love Too Much*, which is excellent but more meaty and dense. The two can go together with this one making Norwood's book more accessible.

Julie Bell says

Embarrassing that I've read this and that I like it and think of it as helpful. But I like it nonetheless and it's right no matter how pathetic it is that I have to read a book to remind me of what I already know. Thank you very much to the person that loaned it to me, whoever you are. =)
