



## FU Ex: A Journal So You Can Destroy, Rant, and Vent Receiving a Restraining Order

By Alex A Lluch

WS Publishing. Paperback / softback. Book Condition: new. BRAND NEW, FU Ex: A Journal So You Can Destroy, Rant, and Vent Receiving a Restraining Order, Alex A Lluch, Readers will love this creative way to cope with the memories and annoyances associated with an ex. This is the journal for all those days after a breakup when ex boyfriends and girlfriends just want to scream. It's a place to destroy and rant and vent without receiving a restraining order. It's a place where readers can blow off steam and let out stress so they don't go postal on people walking down the street minding their own business. This journal offers 60 activities to scribble, rant, and vent whenever readers need to release some post-relationship tension. It features hilarious exercises, like casting a spell on an ex, making a voodoo doll, or writing a list of the most irritating things about him or her. This book is the perfect way for readers to keep from freaking out after a breakup.



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