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The Truth About Breaking Up, Making Up, And Moving On



Synopsis

Relationships are like road trips. Sometimes they're an exciting adventure. But sometimes they're like a traffic jam going nowhere. Or even worse, they're a wrong turn that's taken you hundreds of miles off your course. With much-needed humor and honest advice, bestselling author and speaker Chad Eastham helps you think through tough but necessary relationship issues such as: Why some people find happiness, while others find heartache Why pain hurts so much When to break up When to make up Chad's conversational tone, facts, and advice encourage young people to rethink life's conversations, even the difficult stuff like heartbreak. There is nothing in life that is too big, too painful, or too difficult that God cannot make better and use to teach us about love. Nothing.

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Customer Reviews

Gr 8-10-Christian author and speaker Eastham adds another title to his collection of relationship guides for teens. He uses humor, quotations from literature, Bible passages, and personal stories to help teens navigate through the pain and confusion of a romance's end. Eastham's down-to-earth style and older-brother tone allow him to deliver clear and honest advice. He also offers suggestions about how to spot red flags and handle breakups with dignity (e.g., finding inner peace and closure, turning to friends and family, etc.) and outlines behaviors that will likely result in greater heartache in the long run (e.g., begging to reunite, plotting revenge, etc.). One section covers the possibility of

reconciliation. The use of Bible verses and the overall message that breaking up is part of God's plan and can teach readers valuable lessons for future relationships will limit this volume's readership. However, teens (and parents) looking for a Christian faith-based relationship guide will appreciate Eastham's personable approach and solid advice.-Elaine Baran Black, Georgia Public Library Service, Atlanta

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Popular teen speaker, Chad Eastham, speaks to thousands of girls each year on The Revolve Tour. Chad has written an award-winning health curriculum and several books for teens.

Chad Eastham writes refreshing and helpful books for teens and young adults who are learning to navigate life and the dating world. I am thankful for his candour and his insights, along with his ability to write in a way that connects with young people. His books have really helped me, they always encourage me and teach me something new!

I am MUCH older, and I bought this book because I was curious, and also because I was going through some "relationship" issues at the time. I really did not take the time to read the intro etc. so I went ahead and purchased it, not knowing it was geared towards teenagers. I have to say that I was pleasantly surprised- he introduces youths to a solid Biblical foundation regarding dating and all the associated issues. Even though I am MUCH older than a youth, I also realize that adults who are "dating again", still face the same issues as teenagers face. He did a great job! If you are raising your teenagers on Biblical values and principles, feel safe, this book will lead in the right direction. A book well worth the price!

I bought this for my daughter, but I read it as well so I could help her. I felt this was a great tool in helping these teens on how to get over a break up when they think it is the worst thing ever! I really liked the advice on why you shouldn't get back together.

My teenage daughter LOVES this book. It helped her understand boys, breaking up, and relationships. It's hard moving through life, getting your heart broken, or picking who to be in a relationship. This book covers those topics and more in a way teens can associate with.

My teenage daughter (17) loves this book! It helped her tremendously through a recent breakup and

she has let multiple friends borrow it since then.

Wonderful book for advice about break-ups, especially on how to deal with the social media aspect. Easy and enjoyable to read with simple explanations.

For my granddaughter . . . thank you.

As a pastor, I am not a teenager dealing with a tough relationship or break up, but was interested to see how Eastham would deal with this issue for teens who are struggling in relationships. Within the first few chapters, I was impressed with Eastham's ability to communicate honest and life-empowering truths about being whole people in a style that would relate well with teens. He gives sound instruction that pertains not only to romantic relationships, but also to all relationships. Perhaps what I appreciate the most is the way that Eastham addresses the whole person. He never negates any feelings that teenagers may have, but causes readers to reflect on the reasons behind the feelings. It's like reading a really good life lesson, such as, "We don't just need the answers to our questions. We need to learn how to find out the answers to our questions." And, "You are not powerless in the whirlwind of life. Until you realize you aren't powerless, however, you will be a victim in every storm in life." Eastham also weaves powerful quotes from renown people as well as Scripture throughout each chapter that support the overall premise of the chapter in a positive way. I would recommend this book to the teenager, from about 14 to maybe 19, who often finds themselves consumed with romantic interests and relationships. Or for the teen who has been in a long-term relationship and is about to break up or has recently experienced a break up. For more mature teens who don't seem to get caught in the typical whirlwind of dating drama or are capable of a bit higher level (around a college level) of thinking, this might not be the best fit and a more adult-level book about relationships would probably be more beneficial. Overall, thank you, Chad Eastham, for writing a well-rounded book that deals the issue of breaking up. Thanks for taking the feelings of teenagers into account and not just dismissing them as people and desires. Your compassion and gentleness is refreshing. I received this book from Thomas Nelson through Net Galley in exchange for an honest review.

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