



# **The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce**

*Tamsen Fadal*

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### **STARTING OVER DOESN'T HAVE TO BE SO HARD**

After the shock of a relationship change it can be tough to get out of bed in the morning, much less be at your best. But it doesn't have to be that way. With a realistic and proven game plan to help you get where you want to be, THE NEW SINGLE is the essential roadmap to:

- Surviving the split-up and starting over, 90 days at a time
- Embracing the person you are today
- Radiating confidence
- Taking better care of yourself inside and out, from career and finances, to home, health, and fitness
- Avoiding toxic patterns and dangerous missteps

Tamsen Fadal is empathetic and incisive about relationships and breakups: she learned many of the lessons in THE NEW SINGLE the hard way. Now, with candor and humor, she's sharing her secrets, stories, and sometimes painful lessons.

## **The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce Details**

Date : Published June 2nd 2015 by St. Martin's Griffin (first published May 19th 2015)

ISBN : 9781250064004

Author : Tamsen Fadal

Format : Paperback 320 pages

Genre : Self Help

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# **From Reader Review The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Breakup or Divorce for online ebook**

## **Katherine says**

This is the must-read guide for today's newly single woman! I laughed, I cried and cheered reading Tamsen's personal advice. Her candor and perspective is honest and raw, and the additional advice from her A-team is essential!

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## **Mohni says**

I won a free copy of this book in a goodreads giveaway and I can say that it was filled with a lot of insightful and helpful advice. I would recommended it to anyone who is going through relationship troubles. Five star rating from me!

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## **Olesya Akhmetova says**

Too much 'water'. This book wasn't as useful for me as I expected. Author talks a lot about herself, her business, her star position. I wish she could tell more about her problems, her state of mind. Not her celebrity conditions.

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## **Leeann Sheriff says**

I really thought that there were realistic goals that one could follow with redirecting yourself after a divorce or separation. I followed the book step for step and I actually have seen the other side to the relationship that I was in which ended in June 2015. I am now focused more on loving myself and doing the things in a different path than I have before. A great read.

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## **J. Ewbank says**

This book by Fadal is an excellent one for those who are going through or have gone through a divorce. That has not happened to me but my first spouse died after many years of marriage and I could relate to the informan she has given. I am also male, but recognize the relationship of this advice to the situation of males's also. It is a very good read.

J. Robert Ewbank author "John Wesley, Natural Man, and the Isms" "Wesley's Wars" "To Whom It May Concern" and "Tell me about the United Methodist Church"

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### **Kathy Heare Watts says**

I won a signed copy of this book during a Goodreads giveaway. I am under no obligation to leave a review or rating and do so voluntarily. So that others may also enjoy this book, I am paying it forward by donating it a local library.

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### **Julie says**

I am still reading this book but it is making a difference and helping me find out who I am again and what I like. I have been divorced now for 5 years and still doing better with it but still lost with who am I. This book is helping me through it and rediscover who I am. Thank you.

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### **Rebecca Bryant says**

As a child I saw my parents divorce and as an adult I've seen my younger brothers separated and divorce several times. I however have never experience that kind of heartache so when I received a copy of The New Single by Tamsen Fadal I wasn't sure I could relate. However I was wrong.

The book is meant to help women who have experienced a breakup or divorce to learn to empower herself. The New Single is the guide to help you create, become, and embrace your new authentic self after a divorce. As I read this book I learned you don't have to go through a break up to use some of these tips to help you now. Tamsen basically is helping women to find their inner self and to learn to love them self and who they are after divorce, doing so one step at a time. We as women should all learn to love our self, to embrace our inner strength and become women we are proud of.

I must say this book was a good read and though I'm not divorce I found it very informative and enjoyable. Tamsen is wonderful writer and has lots of great tips and advice to share. I highly recommend reading this book.

**\*\*Disclosure: I received a free copy of this book in exchange for my honest review.\*\***

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### **Lena Lee says**

I won this book off of Goodreads.com, but it has great advice even if you're not going through a breakup.

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### **Wendy says**

Received as GoodReads giveaway. Book is primarily a self help book about getting used to being single after

a breakup. However, a lot of the advice can be applied to anyone as a general tool for self care.

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## David says

being neither recently divorced nor a woman, I may not be the best one to review this book, but with that disclaimer, I had some positive and more negative reactions

On the plus side, it's a wide range of quick, breezy, seemingly reasonable advice about leaning temporarily on your friends, accepting yourself, not stalking the ex on Facebook, not sleeping with rebound guys right away, eventually putting yourself out there, and so on. Nothing amazing but also not objectionable. Maybe a little overly traditional [in one Q & A with herself, she recommends against asking a man out, for instance].

Quirks of the book that were disconcerting for me:

1. I guess she's well-known from local TV news in New York, but I never heard of her, so it was surprising to keep hearing about how publicly her divorce played out.
2. reminded me of a human version of that New Yorker magazine cover in which the map of the US is dominated by Manhattan landmarks -- an occasional nod to the reality that some readers may be stuck in the hinterlands [Philadelphia plays this role a few times], but many very specific allusions to sights, neighborhoods, specific bars, etc. in NYC.
3. Sort of arbitrarily specific advice. While throughout most of the book she touts yoga frequently, the Appendix elaborates on additional workout routines -- on "shoulder, chest, and triceps day" the New Single woman should do 3 sets of 10 reps each arm, with 10 lbs. weight, of alternate dumbbell shoulder press (p. 276). No word on whether petite or super-strong New Singles can adjust the weight down or up.
4. combining #2 and #3, my favorite suggestion for thanking supportive friends: "it's easy to send....a cookie bouquet, but be a little original. I love to send macaroons from this amazing shop in the West Village" (p. 200). Got it. I've never given, received, or heard of a cookie bouquet, but when the occasion for buying one arises, i'm off to the West Village to find those macaroons.
5. tone is mostly upbeat and "girlfriend"-y, but at times it read as though she must have a low opinion of the intelligence of her target audience, for instance when listing 7 words you might use to describe your ex if trying not to trash him ("hardworking" and "charming" are examples of positive things to say about someone, it turns out--p. 182)
6. Relentlessly 1%-focused. The retirement financial planning sidebar, for example, generously allows that you should "start somewhere; if you can get close to one million through savings and investing, that's better than nothing" (p. 191). Wardrobe advice, interior decorating tips, anecdotes about her friend's favorite little chocolate shop in London, etc. all reinforce the sense that the New Single is quite wealthy.
7. Finally, a minor nit pick -- I don't doubt that it shows up in a book by Will Durant, but usually "We are what we repeatedly do. Excellence, therefore, is not an act but a habit" [beloved by basketball coaches who want you to practice more] is ascribed to Aristotle (p. 183).

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## **Cary Carbonaro says**

Tamsen's "The New Single" is the preeminent post-relationship book. She uses her break up as a tool to help ALL woman reconnect with themselves. It is a MUST read for anyone who wants to fall in love with themselves and live their most authentic life.

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## **Nikki Loza says**

I decided to read this book to diversify the types of book reviews I constructed on my blog: Words For Thought562. I had recently gotten out of a 5-year relationship and I wanted to embark on a self-healing journey through text. I had always had a negative opinion towards self-help books, which is not fair what-so-ever.

Fadal's text "The New Single" didn't really resonate with me specifically. The book is supposed to speak to those who have been recently divorced AND recently separated, however, I felt it was more tailored towards the divorcee.

There were definitely some mixed emotions that arose in me while flipping through these pages. I enjoyed how she provided professional opinions by people she knows and how there were inserts related to bettering yourself physically which ultimately uplifts you mentally as well. I didn't enjoy how the beginning quarter of the text set it up as the ending result of the read would be I'm the hopes that you'd result in a successful relationship upon completion. As the book progressed that vibe diminished, but it was definitely a hindrance in the beginning.

Overall, the book was mediocre in my opinion and that's why I rated it a 3 star. It wasn't terrible, but it also wasn't wonderful.

Make sure to follow my blog for more book reviews:

Words for Thought – Realistic book reviews for eager readers.  
<https://wordsforthought562.wordpress....>

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## **Lisa says**

I won this book from a Goodreads giveaway, and it could not have come to me at a more perfect time. The entire concept of divorce is unpleasant, but after reading Tamsen's book I feel better prepared to embark on life as the new me, a "new single". The book includes advice from experts in many different areas too like diet and exercise, finances, and online dating; so it feels like a comprehensive plan to get you back into the swing of things. Ultimately, it helped me realize that things don't always work out but life goes on. I am ready to become a better version of myself and leave my ex in the past, where he belongs.

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## **Mary Anne says**

Pertinent if you make tons of money and live in New York. Otherwise, for the rest of us plebians, we have to deal with an incredible lack of available men and no energy for a social life. Sorry Tamsen, not all of us can jet off to Italy and get mani pedis. Some of us have to struggle to put food on the table and keep things together for our kids. Sheesh.

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