



# The Elegant Art of Falling Apart

*Jessica Jones*

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## **The Elegant Art of Falling Apart** Jessica Jones

"More life affirming (and funny) than any self-help book" GRAZIA Jessica Jones had a complicated life - booze, cocaine, bad boyfriends, a rollercoaster ride of what self-help writers call 'opportunities for growth' - but she found her way through. She rebuilt her career, became prosperous and found a wonderful new man. And then, just when things were almost perfect, she learned she had breast cancer. After seven months of gruelling treatment she began a three-month holiday of a lifetime with her gorgeous man - only to find herself plunged into a different, and totally unexpected life crisis. The Elegant Art of Falling Apart is a book about learning to ask for and to accept help; about freeing yourself from our culture's obsession with romantic love and about how looking good really can help you feel good. Above all, it is about the sanity-saving power of laughter and friendship.

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