

# Breakup



**Title:** *Breakup: enduring divorce*

**Author:** Leo Averbach

**Website:** <http://BreakupTheBook.com>

Paperback

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Available from Ingram, and Baker & Taylor. Also available on Amazon.com, Amazon.co.uk and as a Kindle e-book.

- A breakup story written by a man.
- A portrayal of divorce executed from the inside.
- A unique account of the role of therapy in recovery.

"Leo Averbach relates the process of experiencing the hurt, anger, and pain of betrayal and loss in full and uncut." - Deborah L. Baker. Reader's Choice.

"...a sensitive, insightful, detailed and inspiring book." - Jay P. Granat, Ph.D. Psychotherapist and a Licensed Marriage and Family Therapist.

"Leo Averbach has been there...inside the hell of divorce." - David Knox, Ph.D. Professor of Sociology at East Carolina University, Marriage and Family Therapist.

"Gritty and powerful, **Breakup** is an emotion-filled, heartrending read." - Cherie Mangum. Apex Reviews.

## ***Forged in Divorce Hell***

In this compelling and brutally honest memoir, Leo Averbach draws you into the cauldron of marital disintegration. Written as a journal in real time, *Breakup* interweaves the writer's daily ordeal and the couple's ongoing travails with the insights and experience of psychotherapy.

The book chronicles Averbach's struggle to cope with his wife's betrayal and its implications for their family. His first-person narrative, which is confessional and deeply reflective, reveals everything in describing the acrimony and emotions as the marriage falls apart. But what begins as a tale of anguish and despair becomes a story of transformation and regeneration, leading Averbach to a new life.

*Breakup* is an unusual divorce memoir. Divorce is *Breakup's* prime concern but what elevates this from a personal account of a common occurrence into a story with wider significance is the upheaval surrounding the breakup. The tragedy of marital disintegration triggers Averbach's soul-searching, forcing him into a process of change, and driving him to seek a resolution. As a series of entries taken directly from the author's diary, *Breakup* is doubly unusual.

### **Synopsis**

*Breakup* is a brutally honest and unusual divorce memoir, written as a journal in real time. Averbach's narrative interweaves his ordeal with his psychotherapy in a deeply-reflective, intimate manner. His concomitant process of transformation gives *Breakup* a far-reaching significance that is quite compelling.

### **Readership**

*Breakup* by Leo Averbach should be read by anyone contemplating or going through a divorce. Its insights and wisdom are bound to impact on the reader's own struggle. Professionals working with divorcing couples can also benefit from this unique, inside account of divorce, as can family and friends. For the casual reader, *Breakup* is an extraordinary human-interest story.

### **Leo Averbach**

Potter, teacher and translator. Was born South Africa, lived in the UK, where he married, fathered three children, got divorced and remarried. He now lives in the Jerusalem hills.