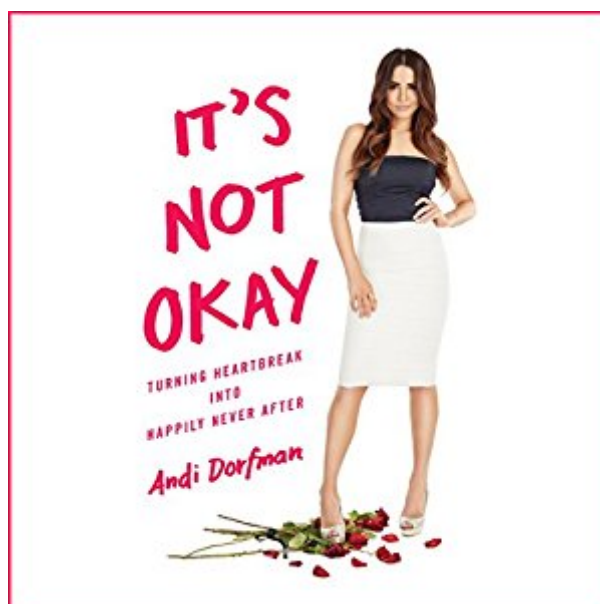


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# It's Not Okay: Diary Of A Broken Heart



## Synopsis

Andi Dorfman, the beloved finalist of season 18 of *The Bachelor* who infamously rejected Juan Pablo and went on to star on season 10 of *The Bachelorette*, dishes about what it's like to live out a love story - and its collapse - in front of the cameras, offering hard-won advice for moving on after a break-up, public or not. Andi Dorfman, star of *The Bachelor* and *The Bachelorette*, talks candidly about what it's like to be courted by 25 handsome single men in this juicy insider's peek at dating - and breaking up - on national TV. She shares entertaining and heartfelt stories about her fellow Bachelor alums - many of who are still close friends - comes clean about calling out bachelor number 18, Juan Pablo, for bad behavior, and reflects on her personal challenges and uplifting experiences in love that she hopes will help you get through your own break-ups with grace and style!

## Book Information

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## Customer Reviews

Imagine if a man wrote such a book as this. Imagine if a man explained that he was fairly certain one of his two finalists was not the one • but said he took home the dud • to meet the family anyway in order to set the benchmark low • and make the other finalist look better by comparison. Let's switch the gender around in some of her quotes and imagine a man saying this stuff: "I realize exactly what I need to do \_\_\_\_\_ HER! Figuratively, literally, symbolically, raunchily, all of it" • "There are very few things, if any, in this world that carry more power than sex. It is one of the greatest sources of temptation, the easiest way to mind-\_\_\_\_\_ a WOMAN, and if

you do it right, the most rewarding revenge imaginable. • After all, what says "\_\_\_\_ you,"<sup>TM</sup> to a WOMAN louder than literally \_\_\_\_\_ HER? • There is absolutely no reason to stick around after the job is done. No sleeping over, no cuddling in bed next to HER. [The moment the deed is done, come hell or high water, you are to immediately put your clothes back on and get the hell out of there. • Andi writes, "I should be able to have sex when and with whom I want to, just as a man." • But with that should come respect for partners (and being truthful) because sex has always had the potential to lead to emotional pain. Andi's "advice" sounds like it could come straight from the pages of Cosmopolitan magazine:-- "Look good, feel good." -- "My mood for the entire evening can be dictated solely by my outfit. Bad outfit equals bad mood. Good outfit equals party time.

You can practically smell the red wine wafting off the pages of this drunken post-breakup "diary." Written in a haphazard, stream-of-consciousness style, Andi's account begins on the day of her breakup. Each subsequent day, she sifts through the experiences (in no particular order) that lead to d-day. Each anecdote is tied up neatly with a completely meaningless "lesson learned" (example: "nothing good comes of free drinks" or the poignant "S-E-X more like S-E-Yesssss!") Branded as an "anti self-help" book (whatever that means), this collection of ramblings sounds more like a drunken voicemail message from a recently-dumped girlfriend than a cohesive memoir (let alone a self-help book or juicy tell all). Under the guise of "being honest," Andi hurls half-inflated jabs at Number 25 (Nick) and Number 26 (Josh), but her evidence falls flat: Josh called her a whore and was a controlling meathead (wow, never would have guessed...), Nick was awkward in bed and had a lame apartment (the only way you could make this intel any juicier, is if you printed this book on a giant piece of Juicy Fruit gum, then wrapped it around a cherry flavored Starburst and ate it at the Men Tell All: When the Cameras Stop Rolling special). The book sucked. I don't know what she was going for, but it was awful. As a writer, she comes off as drunk, wildly arrogant, and obviously unfunny. Disappointed readers have already shared the teeny tiny little morsels of gossip this book provided. The other 310 pages are Andi talking about Gilt sales, fake group text transcripts, bragging about how she spends her dad's money on clothes and shoes, and her post-breakup diet of Chinese takeout and microwave popcorn.

I really wanted to like this book. I LOVED Courtney's book. Emily's book was a solid 4. So I had high hopes for this. Out of all 3 of those women Andi was by far my favorite so I had very high hopes. As a woman who dated a "Josh" I could relate to the double standards and hypocrisy. The "you can't talk

to other guys but I can talk to other girls." The "You can't talk to your exes but I can talk to mine". So on and so forth. So I can definitely understand the frustration and wanting to get our her story. Unfortunately she also came across as completely hypocritical in so many instances. This book was hard to read because I feel most people can not relate to being completely spoiled and materialistic. I myself have a high income and nice things but the way she went about it was not smart. I feel like she could have appealed to a broader audience with this book had she not brought up all the money and material items. I really think she could have left the descriptions at a minimal. Saying something like "I needed retail therapy with a girlfriend so we hit up the mall and then went to lunch..." Not..."We went to xxxxx and I spent xxx on shoes and xxxx on a purse." It was just...weird. It was also contradictory to one of her first statements in the book about the \$33 lipstick. Sorry it's just a fact. Someone who routinely drops hundreds of dollars on shoes and thousands on purses does not make that big of a deal out of \$33 lipstick. I think factual things were fine to post in the book...like the way her piled her stuff in a corner...and how it made her feel...his reaction to the lie detector...his reaction to finding out she slept with Nick...unlike some people I don't have an issue with that.

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