

# he **DID** You a **FAVOR**

by  
Debra Rogers

## **THE “DO YOURSELF A FAVOR” WORKBOOK**

### **CLEAN OUT YOUR MENTAL CLOSET**

*How To Stop Piling Up the Junk In Your Head...And Clean It Out Instead.*

*It's time clean house...and have a mental yard sale!*

**1. Get rid of all those old, worn-out thoughts cluttering up your head.**

*Just like you wouldn't still wear the shoes you had when you were twelve because they don't fit you anymore, lose the useless negative self-talk. It may be tough to toss because you've been carrying it around since you were a kid. It's just old chatter and doesn't match the new, fabulous woman you're growing into.*

*Bottom line: If it doesn't look good on you, toss it.*

**2. Look at your cleared out mental closet and see what beautiful thoughts are left.**

*These are the ones that make you feel great. Those thoughts that show off your best assets like: I'm smart, I'm creative, I'm funny, etc.*

**3. Now that you've freed up some space, take a little "me time" shopping spree and add some new, happy thoughts to your closet.**

*Make sure these are thoughts you would comfortably wear. Think about the great friends who love you. Think about how pretty you are. Think about how courageous you are. Have fun thought shopping!*

*Just like a great blouse is even better when paired with a great skirt, combine these thoughts to make them even more fabulous. For example: I'm pretty and smart. I'm sensitive and courageous. I'm playful and confident. Mix and match and see what you come up with!*

**4. Maintain your mental closet with these happy thoughts.**

*Wear them, every day. The most important thing is that it's a personal mental style that's entirely yours. Make sure all the thoughts in your mental closet make you feel great and you'll go out into the world radiating confidence and attracting a great relationship!*

Now that your mental closet is clear, [pre-order](#) your copy of the groundbreaking new book, "**He Did You A Favor.**" You can be one of the first people E-VAH to get your hands on this gem of a book which gives you secrets to creating an even better you and attracting a better man.

**He Did You A Favor** is an empowering, humorous, hands-on guide so you can continue your journey out of grief and into greatness. In this book, Debra's your new best breakup friend who'll give you straight talk, honest answers and helpful advice. Inside you'll find fab tools and techniques to help you break away from Mr. 'So Very Wrong' and break through to the life you desire. You'll also discover:

- Why you actually dodged a bullet with this "not for you" guy.
- How you can actually be grateful for this situation.

- Practical exercises and advice so you can stop gorging yourself with unhealthy thoughts and indulge in good, nourishing ones.
- Tips to help you stop making excuses for him and start taking charge of *you*.
- How to use your breakup as fuel to empower you to step into the life you're *really* meant to live.
- Ways to treat yourself like the awesome woman you are.
- How to conquer your fears, get back out there, and kick some serious butt in the world.
- The keys to breaking your old patterns so you can stop dating "Mr. Wrong" and start dating "Mr. Right."

**Workbook exercises include: The "He Sucks, You Don't" Workout, "Cleaning Out Your Mental Closet," "Your 30 Day Emotional Cleanse," "Your Smokin' Hot Princess Makeover," "How to Shop For A Man," and more!**

You don't want to end up back on the floor do you? Don't wait! **Pre-order** your copy today! Go to: [www.hedidyouafavor.com](http://www.hedidyouafavor.com).

## About the Author

Debra Rogers, Writer, Writing Coach

This *Queen of Breakovers* is your best girl expert in the school of love. With years of dating and break up experience, including one crushing break up at eight months pregnant (which evolved into a supportive divorce and loving friendship) – she’s earned her relationship MBA.

**Experience is knowledge. Knowledge is power. She’s here to pass the girl power onto you.**

*He Did You A Favor* is the first in a series of books that she’s designed to help you get off the couch, put down the ice cream and be the most awesome person in the world - YOU.

Before *He Did You a Favor*, Debra worked the studio circuit for years as a script analyst and Development Associate for both film and television. Her passion for story was further expanded as a writing consultant for numerous motion picture and television writers through her company **Your Best Writing Now**.

She also built a successful voiceover career, voicing strong, powerful women in film and television from “Street fighter” to “Xena Warrior Princess.” Through her life experience, she discovered her own inner warrior and found that the strong heroines she’d been voicing were also within her.

Soon after this discovery, friends, sisters and mothers began to approach her, asking how they could do it too. She listened to other women’s stories of breakup and heartache. That’s when she knew she had to write this book, to help others who were trudging through dark emotional waters, not knowing how to find the shore.

Debra currently lives in the Los Angeles area with her amazing daughter and has finally found true love. “He Did You a Favor” is her recipe for success - so you can have the life and the relationships you’ve always dreamed of.