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Instructions For A Broken Heart



Synopsis

Top 20 Reasons He's a Slimy Jerk Bastard Jessa: To help you get over your train wreck EX, I've enclosed 20 envelopes. Each one has a reason why Sean is a jerk and not worth the dirt on your shoes. And each one has an instruction for you to do one un-Jessa-like thing a day. NO CHEATING! Ciao! -C

When Jessa catches her boyfriend, Sean, making out with Natalie "the Boob Job" Stone three days before their drama club's departure to Italy, she completely freaks. Stuck with a front-row view of Sean and Natalie making out against the backdrop of a country that oozes romance, Jessa promises to follow all of the outrageous instructions in her best friend's care package and open her heart to new experiences. Enter cute Italian boy stage left. Jessa had prepared to play the role of humiliated ex-girlfriend, but with Carissa directing her life from afar, it's finally time to take a shot at being a star. "Instructions for a Broken Heart transported me to Italy, back to high school, to the wrench and ache of a first breakup and the exhilaration of self-discovery...with multifaceted characters and realistic complexities, this unforgettable novel is a journey I'm so glad to have taken." -Eireann Corrigan, author of *Accomplice*

Book Information

Lexile Measure: 800L (What's this?)

Paperback: 304 pages

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #788,063 in Books (See Top 100 in Books) #86 in [Books > Teens > Literature & Fiction > Performing Arts > Theater](#) #511 in [Books > Children's Books > Geography & Cultures > Explore the World > Europe](#) #1763 in [Books > Teens > Literature & Fiction > Social & Family Issues > Being a Teen](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

An Open Letter To Instructions for a Broken Heart, You go book! You're pretty much one of the

funniest and sweetest breakup books I've ever read. I think that the reason I liked you so much could be because of fairly current life events of my own? That's always a possibility, but that being said you had most of my favorite things in your pages. Legit girl/boy friendships that don't head into romantic territory, about 1,000 Broadway show references and Italy (aka foreign lands). You really out did yourself and I'm not sure why more people don't know about you. We've all been in your shoes, or one day we will be and I think you're pretty cool for being who you are.-The White Unicorn

I think what pulled me right into this story was the writing itself. Oh, and the previously mentioned Broadway musical references. You can't go wrong with those, you just can't. But anyway, Culbertson really knows how to describe what is happening around Jessa. Sure, her language heads toward the flowery side of things, but there is a lot of weight in all the pretty words and that doesn't happen all the time. There is a undefined, magical quality to what you read in these pages. It's guaranteed to get ugly, there are going to be tears shed, but it still seems almost like a real life fairytale. Imagine what it would be like to find your boyfriend cheating on you and then you have to go on a 10 day trip with the new happy couple... in Italy. That's what Jessa has to deal with. To top everything off, her best friend isn't on the trip with her, but not to worry, we get to know Carissa through the 20 envelopes that she sends off with Jessa.

Kim Culbertson's first book, *Songs for a Teenage Nomad*, made my Best Reads of 2010 so I was really looking forward to her next book. She writes in style that I really enjoy and gives insight to characters that most YA writers tend to skim over. I really enjoy how her books are more about what the characters are feeling as opposed to just things that happen to them. This story is about about teenage love, drama, friendship and everything in between mixed in with an armchair vacation to Italy. Jessa's had the worse thing that could happen to a teen girl. She catches her boyfriend in the act of cheating with her right before they are set to go on a school trip to Italy together. You can't run away from the pain and hurt and have a good cry or recover when your ex-boyfriend is down the aisle with his new girlfriend. In order to help Jessa get through this time, her best friend Carissa has written instructions on what to do to get over Sean. Through these instructions, Jessa learns more about Sean, Carissa, and her own self. I feel as if Carissa is at sort of a disadvantage in this story because we only get to know her character from the letters she's written Jessa as well as conversations other characters have about her. We don't get to her personally from her and she's not there to defend her actions or viewpoints. Sometimes it even seemed as if the things she was getting Jessa to do towards Sean are things that Carissa wanted to do herself but couldn't. I personally would have like to read a book from her point of view of the whole situation as

well. There's a scene that happens with Jessa and her teacher that thankfully does not go further than it does.

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