



## The Art of Quitting: When Enough is Enough

By Evan Harris

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### The Art of Quitting: When Enough is Enough By Evan Harris

Here's important food for thought for men and women who are bored with their job, are in a tired relationship, or who simply feel overdue for an interlude of personal freedom. Mixing humor, cracker-barrel philosophy, and good common sense, author Evan Harris offers realistic advice by describing more than 20 techniques designed to get her readers out of virtually any nasty situation. They include offering one's antagonist a calm, reasonable argument, or going to the opposite extreme and making a scene. Maybe most satisfying of all is a technique she calls achieving, then vanishing. She also advises on recognizing signs that the time to quit has come. For instance, if you dream about quitting a job where you're underappreciated, it's time to quit. Or if that once-special person in your life cannot understand your feelings, it's time to break off the relationship. Quoting comedian W. C. Fields, Evan Harris reminds her readers: "If at first you don't succeed, try again. Then quit. No use being a damn fool about it."

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## **The Art of Quitting: When Enough is Enough** By Evan Harris Bibliography

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## **Editorial Review**

From the Back Cover

back cover:

*The Art of Quitting* is delicious food for thought for those bored with their jobs, or in a tired relationship, or simply overdue for a fresh breath of personal freedom. Mixing humor, cracker-barrel philosophy, and plain common sense, author Evan Harris offers realistic advice on more than twenty techniques for the easiest, most satisfying way to get out of virtually any nasty situation.

Perhaps you long to renounce the cage of middle management for the free and easy life of a painter in Tahiti. (Quit your job.) It could be that all the classes you'd wanted to attend were full when you went to register. (Quit school.) Or maybe you've suddenly realized that if you don't break it off now, you'll end up like so and so. (Quit your lover.) Though it flies in the face of conventional wisdom, it is an undeniable truth: quitting can be the best decision you'll ever make.

front flap copy

**The Art of**

**Quitting**

**When Enough Is Enough**

For anyone who's ever grown bored with a partner, tired of a job, or sick of an apartment, *The Art of Quitting* offers wry wisdom on the unsung art of giving up. It's filled with advice and encouragement on cutting losses, pulling up stakes, and moving on, and instructs on techniques like Make a Scene, Achieve and Vanish and Burn a Bridge. Quitters take chances. Quitters decide for themselves when enough is enough. As author Evan Harris counsels, patience may be a virtue, but quitting is an art.

“If at first you don’t succeed, try again. Then quit. No use being a damn fool about it.”

—W.C. Fields

back flap

Evan Harris has written about the art of quitting for *Harper's* magazine, the *New York Times*, *Utne Reader*, and the radio program *This American Life*. She was the coeditor with Shelley Ross of *Quitter Quarterly* for two years, until they quit. She lives in East Hampton, New York, with her husband and son.

## Users Review

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#### Ronald Canty:

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