



# Over It: Getting Up and Moving On after Bad Stuff Happens

*Hayley DiMarco, Michael DiMarco*

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**It's time to put your past in its place.**

The past is part of your story. Whether it's good or bad, the past shapes you into who you are. But it's easy to get hung up on things that happened yesterday, or last week, or last year. And when you can't get over the past, you can't move on to the future.

*Over It* shows you how to pick yourself up, move on, and let God deal with it. With a potent combination of empathy, honesty, Scripture, and wit, *Over It* will lead you through true recovery.

If you've ever been the butt of a joke, the subject of a nasty rumor, or the one who took the blame, you need to get over it. If you've been lied to, dismissed, or betrayed, you need to get over it. With God's help, you don't have to let guilt, bitterness, resentment, or fear rule your life.

**Hayley DiMarco**, founder of Hungry Planet, has written and co-written numerous bestselling books, including *Dateable*, *Mean Girls*, *Sexy Girls*, *Technical Virgin*, *B4UD8*, and *God Girl*.

**Michael DiMarco** is publisher and creative director at Hungry Planet. Michael also has written and co-written many books, including *Cupidity*, *Unstuff*, *Almost Sex*, *God Guy*, and *B4UD8*.

Michael and Hayley live with their daughter in Nashville, Tennessee.

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