



# It's Not Okay: Turning Heartbreak into Happily Never After

*Andi Dorfman*

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Discover the *New York Times* bestselling book that *Bachelor* fans—and even *Bachelor* stars—can't stop talking about! Beloved fan favorite Andi Dorfman tells the unvarnished truth about her engagement, her public breakup, and why looking for love on television is no paradise.

Millions of people tuned in to see *Bachelorette* star Andi Dorfman get engaged to her chosen suitor. But when the cameras turned off and the dust (or rose petals) had settled, Andi realized she was engaged to a man she'd known for barely two months. And as they endeavored to return to normal life, they discovered that happily ever after wasn't as easy as it looked. In her own words, Andi delivers “plenty of surprise (and some disturbing) details” (*Cosmopolitan*) as she tells the whole truth about her entry into the exclusive *Bachelor* family, her experience on the show, and finally, what happened to make it all fall apart.

But this is much more than the diary of a very public breakup—Andi divulges her story along with some no-nonsense, straight-talking advice to other women dealing with their own romantic issues. In *It's Not Okay*, Andi is the best friend we all wish we had, telling us the good, the bad, and the ugly to inspire us to always be true to ourselves and remember breakups may be hard, but it's always going to be okay.

## It's Not Okay: Turning Heartbreak into Happily Never After Details

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# From Reader Review It's Not Okay: Turning Heartbreak into Happily Never After for online ebook

## Cathy Branciforte says

This book falls under "guilty pleasure" except there wasn't anything pleasurable about it. Just a terrible book. As a longtime Bachelor / Bachelorette fan, I was looking forward to some behind the scenes info, but that never happened. Instead she is giving advice and referring to the men on the show by number.....it was so annoying, that I really couldn't read the whole book. Just skimmed through the second half. Dont bother with this one.

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## Rissa says

I love how she refers to the winner of the bachelorette as number 26 there at the book she never uses his name and I think that's great except I forgot who she picked so I want to know who this asshole is.

I've always wondered what the bachelor or bachelorette is thinking well going through the show either as the main person or as a contestant and it was really fun to read her perspective on everything and how the guys she picked wasn't her one.

I really enjoyed her lessons learned and dues and downs all the little things that she learned throughout dating and relationships and reality TV it was fun and it was useful and I really enjoyed it.

This book has 1 million little gems hidden in within.

"Three dots he's typing "

"When people say Chicago is cold they ain't effing kidding"

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## Alicen says

Not sure why I read this.

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## Peaches says

Seriously, guys, if you are searching for the following: A hilariously engaging and relatable narrator, a girl who inspirationally keeps going amidst adversity, and a true "tell all" of what really happened on a *Bachelor* franchise season, this really isn't it, and Andi is right: It's NOT okay! After reading Courtney Robertson's memoir a few months ago, the bar was set high (and if you're judging right now, I dare you to read it. I have an advanced degree in English and ate it up!). Unfortunately, Andi didn't deliver for a multitude of reasons: 1. Considering that Andi is a moderately "functioning" alcoholic, I'm not sure I can believe her. Almost every few pages is a reference to a wine brand, an exclamation of how alcohol is the best boyfriend/friend she's ever had, or blatant admittance of getting wasted instead of seeking professional help for falling off the wagon of life and mooching off one of her friends for months without even washing her clothes. Andi's advice for readers is to give yourself a good multi-month wallow in anguish before attempting to be an adult again. Sorry, Andi, most of us can't just leave our jobs and still afford to live for as long as it takes to get

over a fiancé. For instance, I'm a teacher, so after a break up I can't exactly get a sub for months while I drink like a fish and eat take out; it's called continuing to exist.

2. Andi didn't provide any Juan Pablo info until the end. Hey, he made you famous and you were into him, but all he gets is a few pages?

3. She refused to use any names except derogatory ones and numbers. At first, I assumed that she was trying to protect herself legally, but by the end, it just seemed like another way she was being childish.

4. The chronology was off and she only gave vague details, especially from her end. She never gives specifics about arguments except what Josh did wrong. Considering she was probably drunk, I would love to read Josh's POV of their arguments and if Andi was as "calm and cool" as she wrote herself to be.

5. Her "lessons" at the end of the chapters didn't always fit with what the chapters were about! One lesson is "when you know, you know" even though she admits that she stayed with him for longer because she was unsure. In another chapter, she advises readers to move on when she is still supposedly writing from a friend's guest bedroom and avoiding getting her belongings out of her ex's house.

6. This book is a sad attempt at a self-help book. Andi acts like readers sincerely desire break up advice from her when she truly handles the break up very poorly and she has to know that everyone is reading to hear more behind the scenes moments about the show. Andi assuming that readers desire more from her from the opening pages is pretty narcissistic. The best writers write what is in their heads and trust their readers (and their writing craft) to be interpreted the right way.

7. Andi should've hired a better editor: "But I can't help but think that this is the last time I'll ever seem them again, as this person" (306). Really?

8. Andi lacks self-awareness to a shocking degree. She totes that she's a feminist, yet views being a feminist as letting her vagina drive her decisions in picking men, "using" men for booty calls, and having a girl "squad." Frankly, reading this book made me feel really badly for Nick, who seemed to have sincere feelings for Andi and was then villainized. Again, she was probably drunk before they slept together, so who knows what he actually said to her? Plus, she still wants to sleep with him again!

9. Andi really is, as my students would say, a "thirsty ho." She admits to having blinders on when it comes to attraction and even advises to have one last fling with an ex to "literally fuck him." When she doesn't realize is that she's also giving that person who allegedly emotionally abused her something she enjoys as well!

10. The ending is so cliché I can't believe it isn't fiction. Andi moving to NY "like Carrie Bradshaw" is so uninspiring I almost quit reading at the first mention of it. Clearly, *Sex and the City* was a drinking event for Andi because, had she watched it, she would have realized that Carrie is not a feminist role model: she lets men treat her terribly (Mr. Big even jilts her at the altar after trying to date him for ten years! Then, she still forgives him and has a sad, uneventful ceremony at the courthouse and diner), she has no desire to advance her career (Candance Bushnell actually pitched for Carrie to run for congress and improve her job, but the network and fans desired Carrie to stay with her repetitive column her entire adult life), and she doesn't progress in her life/pose as a competitive force to the "man's world." I guess Andi really *is* like Carrie, but that's not inspirational! Plus, she doesn't even have a job when she leaves for NY and is almost 30. Great plan, Andi: moving to a city where there is actual data revealing the dearth of men for marriage in NY because you want to live in a "big city" (hello, you're from Atlanta!).

11. The very end when she tells readers that it IS okay. What?! It's okay because you have money to go to NY? Juan Pablo was right? Go home Andi, you're drunk (and quit keeping a diary).

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## Kris says

Oh Andi, Andi, Andi. I lost so much respect for this verbal vomit of a book SO NOT ready to be written. Self-indulgent, terribly organized (can you say...Wait..What? You ARE DRUNK while writing??) a big "lets bash He Who Must Not Be Named", a trainwreck. Yet, I kept reading. Hoping, even seeing if it may serve

well for my twenty-something fan of the Bachelorette Brand. Handing it over, Page 3, I hear...Ugh....she starts a sentence with AND. I can only imagine the job the editors had with this mess. No wonder you had to praise them in the credits, they deserved that. Did "No.26?" I'm not sure. Do I think the scathing words are true? After seeing him chomp pizza in Paradise, yes but still unacceptable to publish this for a quick buck. NY Times Bestselling Author? Uh. Yeah, for a hot second due to the gazillion followers like me who wanted more behind the scenes peeks. Am I hater? No. Am I rough here? Yes. I am because you know better. Next time, do better.

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### **Amanda says**

This book was not okay. I ashamedly admit that I watch most season of The Bachelor and Bachelorette and I'm all for a good tell-all. But then was just ... ugh. In her effort to show how cute and comfortable she is with herself, her sexuality, her choices, etc. ... she just came across as materialistic, spoiled, immature, and definitely not over her last relationship. Making this seem like a 'how to get over your break-up' book seemed really contrived and like an after thought. It also meant the narrative jumped around chronologically which was annoying. I would have just preferred if she told her story in a more traditional way. I just thought what she shared was over the top, especially considering how private she claimed to be. She was allegedly livid that Nick outed her on tv for having had sex with him on the show ... but then she spent an entire chapter talking about her bonus sex with Josh? And PS, you didn't get revenge on him by doing that - he got laid too! I listened to this as an audiobook, and even though I thought Josh was kind of dumb on the show and wanted her to pick the more interesting Nick, by the end, I felt sorry for Josh and wanted to break up with her.

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### **Rebecca says**

I was eager to read this book because I am nosy and wanted to know the details as to why the relationship broke down. I liked Andi since Juan Pablo's season and watched her entire season.

After finishing the book I admire Andi for being raw, honest and vulnerable for the world to see. Whilst I know that there are always three parts to a story - her truth, his truth and the real truth - this is a story of her truth. I admire her for being willing to let it all hang out, despite the judgement that some will pass on her. She is honest about the aftermath of a break up; I know I have been there and can completely identify. All of the feelings she speaks about - revenge, anger, dismay, hope etc. - are the truth behind any breakup.

Whilst the majority of people don't publish a book after a failed engagement- it is her truth nonetheless. Well done Andi. I look forward to what life has to bring you and wish you nothing but happiness.

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### **Kaitlyn says**

I'm a big fan of the bachelor/bachelorette, so was excited to read this book. I'd give it 0 stars, but anyone who can finish writing a book deserves at least one star, right?

This is what I've learned from and about Andi Dorfman while reading her attempt at a self-help guide/checklist in book format:

1) She likes alcohol. No, she LOVES alcohol. Her drink of choice is red wine, but she's made it clear that she's all about anything that's been fermented. Here's a few quotes to demonstrate:

"The only thing that makes me feel better is being asleep or buzzed"

"The bed is my boyfriend, Mr. Cabernet is my best friend"

"Lesson learned, stay away from the self-help, but don't stay away from the red wine"

2) It is completely acceptable to dehumanize your ex-boyfriends/fiancé/any male who has made the unfortunate decision to entwine with you temporarily by taking away their names. Nothing says "I have zero respect for you" like replacing someone's name with a Number. (Poor Poor #26)

3) If you must refer to you ex-beaus as something other than their respective numbers, feel free to call them any nasty name/insult you can think of, and feel free to not even get creative. When no one is home and you sit down armed with your pen, paper and "pissed off attitude" to write out your "Master ass hole list" don't even bother with any unique names for the ass hole who's no longer in your life. Stick with the basics; "narcissist, selfish, prick, douchebag, and tool." Andi's sob story of how the world has done her wrong is clearly summed up by her phone contacts, which include "Douchebag (LA)", "Douchbag 2", plain-old "Douchebag", "Don't answer" and make sure you cycle through "POS (Piece of shit)" and "Dumb Jock" before finally adding a new one to your list, "Regret."

4) The WORLD is out to get Andi Dorfman, or rather, anyone who is not part of her girl squad is out to get Andi Dorfman. Andi Dorfman was not a member of a relationship that failed, she was a victim of it and as such, she takes zero culpability for anything she has done, ever.

5) When it doesn't work out with someone who you claimed to have loved deeply, it is absolutely acceptable to turn into the crazy nightmare nobody ever wanted to know. Throw Any respect you once had for this person out the door. In fact, go ahead and take it a step further and burn their stuff-literally, and yours too while you're at it, in someone else's fireplace. Because any sane person with an ounce of self-control would do that.

6) Speaking of someone else's fireplace, if you break up with your significant other, go ahead and live in someone else's home for MONTHS. Nothing puts added strain on your engaged friends life or own relationship than having a self-absorbed and needy house guest. Don't feel pressured to get your own place or to go back to that job you can't stop bragging that you used to have where you were forced to work -gasp- 60 hours a week for -bigger gasp- only \$57,000/year!!

7) Andi dorfman has never met a designer brand she didn't like, but let's be real-Shoes are life. This girl even refers to break ups with an analogy about credit card debt due to buying too many high end clothes

Obviously, I wasn't a big fan of this book. I was so shocked at just how immature her entire perspective was on basically everything she discussed. She's like the classic mean girl brat with an inflated sense of self you would expect to see in, well, mean girls. I sincerely hope that no one follows her break-up or life advice.

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**Jacqueline's Reads says**

**4 Heart Warming Stars**

I'm a mega Bachelor and Bachelorette fan. I'm that crazy person that DVR's the episodes and rehash all the details of the show to my husband who lovingly pretends to listen to my rants.

**You don't have to be a fan of the show to read this book. If you are**

- 1.) going through a breakup**
- 2.) have gone through a bad breakup**
- 3.) or like to read about breakups because it makes you feel better**

It's a great book about loving someone, losing someone and finding yourself again.

Andi Dorfman was on The Bachelor and she actually dumped the guy after the overnight date. I remember watching this episode and thinking to myself, gah, this guy is such a tool, you go girl! He was my least favorite Bachelor, but that's beside the point. This landed her a spot as the next Bachelorette.

The book is about Andi right after her breakup with ex fiancé, who we call number twenty six. Throughout the book she goes back to the past and retells her side of the story. She doesn't do an entire play by play of the show, but we do get some extra background on the show which I enjoyed reading.

I really liked the pace and tone of the book. I also find her writing style very comical and light-hearted. I thought **I was going to get a hate-filled book and believe me there's plenty of tension in the book between her and her ex, but it's a book about going through the bad before get to the good or at least healing.**

Now, I'm a thirty something woman, happily married to my soul mate, and so I can't really relate to her currently, but I have felt what she had felt. I've had my fair share of horrible and disastrous break ups, so like I said this book is great for girls going through the same thing.

I found Andi very strong, resilient and modern. Although I don't agree with some of her points in the book, I applaud her for putting herself out there and kind of showing the world her open wounds.

She isn't mean or vindictive, yes she has to tell you about the gritty side of the relationships and why they didn't work out, but it's all relatable. We have all gone through fights we can't remember why we fought, nights where you didn't sleep next to your partner and drinking pain away.

Overall the book was written well, the flow was great and the message was received loud and clear. I read the book in two days. Seriously if you are a single girl, this book is perfect for you. It will make you want to purge yourself of nasty toxins and self-reflect. Oh and buy a nice purse too (and PS Andi, I think LV speedy purses are STILL in style)

*AN ARC was provided*

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## **Laura says**

I'm sure I will get hate comments for this review, so be it. I finished this book with less respect and less sympathy for Andi. She comes off as so shallow and vindictive. I might just be the wrong audience. During all the moaning and self pity during the break up, I wanted to yell WE GET IT, you are heartbroken, there are worse things in the world.

I had hoped for more behind the scenes info on the Bachelor/Bachelorette similar to Courtney's book. Instead this was written like a self help book but one where she makes all the mistakes you shouldn't make after a break up (accepting a booty call from an ex and then bragging about it?!). I think this book wanted to be everything - tell all, self help, memoir - but got none of them right.

I'm pretty sad I contributed to this being a NYT best seller :(

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## **Cathy says**

The "book" was awful. Andi portrays herself as a victim with taking no blame on herself for her poor decisions and hurtful actions. Revenge & money were the only reasons for writing this. I used to find her classy but now I find her classless and tacky. Her "advice" is ridiculous and her foul mouth is even worse. Andi should take a good hard look in the mirror before she starts bashing the behavior of others and then turning around and doing the same things. SAVE YOUR MONEY.

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## **Camille says**

I don't see why she feels the need to curse on practically every page, and her calling her boss at the DA's office the "head bitch" is mega offensive. Her current PR-based career suits her much better than her purported legal one.

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## **Christi Miller says**

I would actually like to give this no stars. She comes off as completely pretentious, mean, and holier than thou. I am sure there are people who will enjoy the tone and relate, but I (fortunately) am not one of them.

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## **Jenny (adultishbooks) says**

I have very specific expectations for a memoir stemming from my favorite reality show franchise and they are the following:

1. Juicy details
2. Conversational tone that sounds conversational
3. Shit-talking



I've read other memoirs from this franchise and they're either poorly written or there's a lack of self-awareness and lots of self-victimization. I still read them because I always hope that they will give me what I need (see the three items above).

Dorfman finally provided me with the Bachelor memoir I have been waiting for. Her writing style, while clichéd at times, is conversational and natural. She also curses a lot which adds that something special. Dorfman also provides lots of details about the main three we care about from both of her stints on The Bachelor shows (Juan Pablo, Nick and Josh). Dorfman is a lot smarter than the other authors from this niche category that I've read and I spent the whole time wishing I could drink with her. I listened to this compulsively for three days and it was worth every Audible credit penny.

I listened to this as an audiobook and I really recommend it. Dorfman is an excellent narrator and the curse words just sound better coming from her.

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## **Ali says**

2.5 - Ironically this book entitled *It's Not Okay* was really just okay. I admire Andi's willingness to share her story so vulnerably like this & even try to share some of the lessons she's learned through her break up so that others can heal from theirs also. But to be honest, I would never take her advice and would never recommend this to anyone actually trying to heal from a break up. She came across very whiney and spoiled and even stated in chapter 1 that a breakup is "worse than a death and harder than battling an illness." C'mon man, get over yourself. What you're going through does suck but it is not the hardest thing anyone has ever endured. I thought that was a pretty insulting thing to say and kind of set the precedent for being annoyed with her throughout the whole book. The drama in me that can even get through this show in the first place did slightly enjoy getting some of the behind the scenes details of the show, but in general this was kind of a waste of time and I'm slightly embarrassed that I even finished it.

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