



The Heartbreak Pill

Anjanette Delgado

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In the tradition of *Sex and the City*—this bright and funny debut novel from Emmy Award winner Anjanette Delgado is sure to help mend many a broken heart.

Erika Luna is a thirty-something scientist living and working in Miami. When her marriage ends in divorce, Erika's practical nature leads her down the strangest of paths. What is a scientist to do with a pain so deep it interferes with her breathing? Erica begins mixing potions and uses herself as a guinea pig as she tries to create a pill that will rid the world of heartbreak.

The Heartbreak Pill Details

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Author : Anjanette Delgado

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From Reader Review The Heartbreak Pill for online ebook

Vivienne Strauss says

A truly enjoyable read, made me laugh out loud many times. Also a perfect escape from the frigid New Hampshire winter and gave me license to dream of Miami though I haven't been there in more than 10 years. An accurate portrayal of how we turn ourselves inside out over love, felt myself cringing thinking about all the self help books mentioned since I'd read more than half of them at different times.

Astha Singhal says

It's a good book when you need a healthy dose of feminism and self-esteem. Far from letting another man heal the wounds in her heart, Erika does the mending herself, with the help of her friends, family, and work. She finds confidence in doing the things that give her confidence and make her feel powerful, so when you are in a funk, this is the book to remind you that you can conquer mountains. It just takes time. This too shall pass, and when it does, you'll be stronger than ever for it

Nidia says

I wanted to like this book. I could relate to the language being that I'm Latina, but I feel the author, the editor, or both needed to work a little further on tightening the story a bit. There were just too many random, unnecessary moments in the story. Too many things happened to arrive to such a simplistic conclusion. I feel that if the author would've kept the # of characters and plot a bit simpler and cleaner, the book would've been excellent.

The book promises to make you laugh out loud, cry etc. I did none of it. I however read the book in 2 days. It wasn't bad, but it wasn't great either.

Bonnie says

This book surprised me with its depth and I read straight through to the end in a single afternoon. I had expected a contrived and shallow story with the typical stereotypes and storylines about sex and chocolate repairing a broken heart, but "The Heartbreak Pill" transcended the chick-lit mediocrity trap (even though it contained both sex and chocolate in small amounts).

I am grateful for having read this book, because even though I'm not currently heartbroken, I know that I have capacity to be, and somehow that's beautiful and precious.

I highly recommend this book to any girl with a heart, regardless of whether it's ever been broken.

Patricia says

I really liked this book. It is about a woman that is left by her husband after 7 years of marriage, and how she copes with it. It is funny, but at the same time you'll see women are stronger than you think, and we can get over anything!

Kerry says

Anjanette Delgado's "The Heartbreak Pill" is a charming story about a scientist who invents a heartbreak pill after her husband leaves her for another woman. It was a fun read that I finished in two days. Very enjoyable!

Diana Andrea says

Le pregunté qué pensaba sobre la posibilidad de una píldora contra el mal de amor como si se tratase de algo que había leído.

—No se puede eliminar el sufrimiento por amor.

—¿Por qué no?

—Primero, porque es el sufrimiento más noble que hay. Segundo, porque a través de él aprendemos, crecemos como personas. Y tercero, porque . . . ¿qué es el arte, la poesía, la música, sino la transformación del dolor de un artista en un regalo para la humanidad? El artista hurga en lo que le duele y lo da como una ofrenda que consuele al que venga después que él . . .

Me agradó bastante esta lectura.

Algo nuevo y diferente, fresco y cautivador.

Lisa Eckstein says

Erika is heartbroken after her husband suddenly files for divorce. She's also a research chemist at a pharmaceutical company. After reading a paper about the brain chemistry of love, Erika wonders if it would be possible to create a drug that switches off feelings of love and cures heartbreak. To distract herself from the increasingly ugly divorce proceedings, she sets off to invent the heartbreak pill.

I liked the idea of finding a heartbreak pill, but this was a small and underdeveloped part of the plot. The book was mostly a very conventional story about Erika pining for her husband and then moving on with other men. I didn't find the characters or relationships compelling, so I didn't really care.

Livin' la Vida Latina says

Reviewed by: Donna Del Oro, Author of "Operation Familia" and "Hasta la Vista, Baby"
Member of Livin' la vida Latina

Review: THE HEARTBREAK PILL is a romantic comedy that won First Place in the Latino Books into Movies Awards contest; my novel, OPERATION FAMILIA, won Second Place in the same category, so I was curious to read the novel that won over mine. I wasn't disappointed! From page one, my attention was riveted to Erika Luna's story and I read the book in two days.

Erika Luna, a research chemist for Nuevo Med, is a Cuban-American wife who's dumped callously by her handsome husband of seven years. In her distinctive voice, she tells of her slow, painful journey from the fog of denial into the light of forgiveness and indifference--in Erika's words, from "please come back" to "to hell with him", and finally to "I could care less"--and a kind of peace within herself. Along the way to self-knowledge and acceptance, she researches the part of the brain that controls a human's emotions and discovers that the chemical reactions in the caudate nucleus center of the brain cause the euphoria of love, its addictive qualities, and the mental and physical pain of love's loss. With her quick scientific mind, Erika experiments with a drug that can reduce her own pain and fill the "big black hole" in her heart/brain. Only then, she decides, can she truly heal and be happy again. Of course, she's thinking like a scientist. What she soon learns is that other factors come into play when trying to close the wound of heartbreak.

Along the way, she meets two men who show her different aspects of her self; one is a painter who happens to speak my favorite line of dialogue in the book: "What is art, poetry and music but the transformation of an artist's pain into a present for humanity?"

In this delightful, humorous but poignant story, Anjanette Delgado shows us the journey everyone must take to recover from love's loss. And I couldn't help but think of my second novel, HASTA LA VISTA, BABY, another story of heartbreak and healing. The same catalyst but two totally different stories. Heartbreak is an all too familiar story but with a zillion different journeys.

Jennifer Wardrip says

Reviewed by Steph for TeensReadToo.com

Erika Luna is happy -- she has a successful job, a comfortable home, and a loving husband. All this comes crashing down when Erika finds out that her husband, Martin, is cheating on her with another woman. Fighting ensues that leads to a quick divorce. Now it's up to Erika -- along with her father, his partner, and a few friends -- to get her life back on track.

Along this road of self-discovery, Erika stumbles upon a brilliant idea: why not find a pill that one can take to cure heartbreak? Being the brilliant chemist that she is, Erika starts on a journey to end worldwide heartbreak in the form of a pharmaceutical pill.

Ms. Delgado writes a witty story about a woman on a path of self-discovery. Erika's story and realizations are inspiring to any reader. After finishing the book, the reader will feel satisfied and refreshed -- ready to go out on his or her own journey to figure out who they really are.

This funny and entertaining story will please all who read it.

Jacqueline says

Una novela totalmente entretenida y un placer total como lectura. La protagonista y narradora Erika Luna es una mujer joven que vive en Miami y parece tener una vida perfecta hasta que descubre que su marido tiene una amante por la que él deja a Erika. Frustrada y desesperada, ella, una química profesional, decide estudiar todo lo que pueda con tal de crear algún remedio para el sufrimiento de un desamor. Usándose a sí misma como conejillo de Indias, pruebe diferentes fórmulas, mientras tiene varias experiencias positivas y negativas relacionados con el amor y el desamor. Aunque la historia no sea muy profunda, ofrece a través de sus experiencias algunas lecciones que dan que pensar sobre amor, amistad, honestidad, y aceptación. Lo sobresaliente de la novela es el elenco de personajes entretenidos y únicos, como el padre gay de Erika y su pareja, y la “abogada espiritual” de Erika que mezcla sus consejos legales con una espiritualidad tipo Nueva Era. Ellos hacen que la novela sea chistosa y encantador.

(Nota: Escuché también el audiolibro disponible en audible.com, narrado por la autora misma, que es un placer total. Delgado da voces perfectas a sus personajes únicos y hacen que los diálogos sean vivaces y memorables.)

Sergio Vermont says

Una novela divertida, llena de matices, con la que te identificarás en alguna parte de tu vida. Y sí bien no existe una píldora del mal de amor, que ayude a disipar el dolor que has sentido o sentirás por un amor no correspondido, lo cierto es que nadie se muere de un mal amor, y que sin duda el tiempo lo cura todo, y lo comenzará a hacer, en la medida de que entiendas que toda relación, buena o mala, es un regalo, y aprendes de ella.

Stephanie says

Erika Luna is happy -- she has a successful job, a comfortable home, and a loving husband. All this comes crashing down when Erika finds out that her husband, Martin, is cheating on her with another woman. Fighting ensues that leads to a quick divorce. Now it's up to Erika -- along with her father, his partner, and a few friends -- to get her life back on track.

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This funny and entertaining story will please all who read it.

Jen says

Too bad this wasn't a true story lol....but then we would never learn to appreciate the good things!

Maritza says

Libro que nos narra la etapa de la vida que una nunca desea vivir. La infidelidad en el matrimonio. Erika Luna el personaje principal se encuentra en la situación muy complicada, pero apesar de sentirse mal por el engaño de su esposo ella hara lo nunca imaginado. Creer una pastilla para el mal amor y la ayuda a salir de este terrible momento.

Libro lleno de picardia, ingenio y de muchos consejos.
