

AN EDINBURGH FRINGE 2023 SELECTION



BREAKUP ADDICT

P R E S S K I T



"Paige Wilhide is an excellent and gifted performer with a wizard's way with words. I loved this show. Deeply."

-Samantha Simmonds-Ronceros, Theatre Reviewer, NoHo Arts District

INTRODUCTION

about the show

Breakup Addict is an award-winning transformational solo show that delves into the complex world of love addiction, dating, and the invaluable lessons gleaned from tumultuous relationships. Written and performed by Paige Wilhide and Directed by Jessica Lynn Johnson, Breakup Addict is more than a theatrical experience; it's a journey of self-discovery and resilience that promises to leave audiences both moved and enlightened.



Breakup Addict was recently showcased at the 2023 Edinburgh Fringe Festival and had garnered a handful of awards, including Hollywood Encore Producers' Award and Best of Fest. Now, this compelling performance is available for appearances at universities and empowerment events, where Paige can share her insights and experiences on love, relationships, and personal growth.

about Paige

Paige Wilhide is an empowerment coach, writer, actor, and speaker living in Los Angeles, California. She studied at T.Schreiber Studio and Upright Citizens Brigade in New York City and The Groundlings in Los Angeles. Beyond her compelling performances, Paige is a passionate empowerment coach, dedicated to helping big-hearted individuals navigate the tumultuous terrain of dating, relationships, and heartbreak.



Having triumphed over her own devastating heartbreaks, she embarked on a transformative journey of self-discovery, learning to say YES to her desires and fall madly in love with herself. Now, she extends a guiding hand to others seeking to transcend the pain and reclaim their personal power.

the show

Show duration: 60 Minutes

Need 15 minutes for set-up and 15 minutes for load-out

Optional Post-Show Q&A



workshop add-ons

Self-Trust Workshop

In this workshop, Paige will guide you to tap into your inner wisdom so you can learn to source your own answers and nurture deeper self-trust.

Conscious Dating Workshop

In this workshop, Paige will guide you to identify your own unhealthy relationship patterns and develop a plan to bring more boundaries and consciousness into your dating life.

*All workshops are interactive, approximately 90 minutes in length, and come with a custom workbook

contact details

Phone / Email

443-538-1212 / paige@paigemedia.com

Website / Social Media

www.breakupaddict.com / [@paigewilhide](https://www.instagram.com/paigewilhide)



P R E S S R E L E A S E

"Breakup Addict" Captivates Sold-Out Audience on Super Bowl Sunday

Los Angeles, CA – February 13, 2023 – Last night, the Whitefire Theatre was packed to the rafters for the highly-anticipated solo show, *Breakup Addict*, as part of the Solofest solo theatre festival. Written and performed by Paige Wilhide, the performance was a resounding success, with the entire audience captivated by the emotional journey of the protagonist.

Breakup Addict tells the story of a woman struggling through relationships and finally landing in a program for love addiction. With incredible range and versatility, Paige Wilhide masterfully embodied over 20 different characters, each one brought to life with a unique and distinct voice.

The sold-out audience was visibly moved by the show's powerful message and relatable themes. Many attendees were overheard discussing how they could personally relate to the character's struggles, making it a deeply personal and emotional experience for everyone in the room.

Despite competing with the Super Bowl, *Breakup Addict* drew a full house and left the audience on their feet with a well-deserved standing ovation. It was a night of unforgettable theatre and an experience that will stay with attendees for a long time.

For more information about "Breakup Addict" and future performances, visit www.breakupaddict.com.

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TESTIMONIALS

**audiences
are raving!**



"*Breakup Addict* is wildly entertaining, insightful and tugs at your heartstrings. The show is deeply reflective and forces you to see the unhealthy and repetitive patterns many of us engage in when it comes to dating, but it does it in a way that makes you laugh, cry, and learn.

This show provides endless opportunities for people to experience their unhealthy dating habits from outside themselves and opens the door to new dating mindsets, and could open some people up to avenues of healing and support."

**Alex Terranova,
Business & Success Coach**

"After seeing *Breakup Addict*, I couldn't stop thinking and talking about it for days. Paige put together a compelling narrative around her relationships and patterns that anyone will be able to identify with, and the takeaways are almost too many to count. I kept thinking how I wished I had seen this 15 years ago when I was entering adulthood and beginning my own first romantic relationships—how much pain and confusion I could've been saved by hearing all the lessons Paige has learned the hard way.

There's so much wisdom, authenticity, and humor in this show, and I would recommend it to anyone, especially young women and girls. I can't wait to see where it goes and who it continues to help!"

Laura Munoz, Writer, Brooklyn NY

"*Breakup Addict* is incredibly moving, on so many different levels. It's hard to describe just how much it opened my eyes to things in my own life that I'm struggling with; things that I never fully grieved nor fully recognized I've been struggling with. This isn't just about breakups, it's about your self image & your self worth. It's an incredibly vulnerable story that takes you from laughing to crying, to wanting to jump up screaming "me too!".

I would recommend this show to anyone & everyone that I love; for the vulnerability, for the hard core things that I had to face within myself while I watched her pour her soul out, & ultimately for the pure fact that this show is EVERYTHING that a one woman show should be; entertaining, educational, enlightening & POWERFUL."

Amy Riordan, Social Media Strategist

ADDITIONAL PRESS

Teaser Trailer



"Paige is an engaging comic actor and writer, who morphs into a variety of funny characters. [Breakup Addict] is an entertaining and insightful hour."

-Sally Stott, The Scotsman

[Noho Arts District Review](#)

[Paige featured in VoyageLA](#)

[NoHo Arts District Interview](#)

[Gia on The Move Review](#)

[Discover Hollywood Review](#)

[The Scotsman Review](#)



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