

Your Survival Guide To Divorce

[#divorce survival guide](#) [#how to survive divorce](#) [#coping with divorce](#) [#divorce recovery tips](#) [#navigating divorce process](#)

Discover your essential divorce survival guide, offering practical strategies and vital emotional support to help you navigate the challenging divorce process. This comprehensive resource provides tips for coping and building a resilient path to recovery and a stronger future.

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Divorced

Are you lost in this sudden, new world of divorce? Waking up in a life you don't recognize? Scared? Panicked? Lonely? Overwhelmed? If so, you're not alone. The first days, week, months - even year after a separation or divorce can end up being a "lost time" for many women. Leslie Stevens Suhy will help guide you as you will learn how to navigate this difficult time of your life, and take the first step on the journey toward hope and happiness. After an unexpected divorce and a long, hot, and lonely summer spent on the couch watching period dramas and drinking more wine than one woman should, Stevens Suhy said "enough!" crawled out of the dark pit to take back control of her life. Over the next few years Stevens Suhy chronicled her successes and failures and shared them with her divorce support groups. Now Stevens Suhy's mission is to dispense these lessons to the newly single and show women how to not only survive, but thrive, live, and love. Life coach, speaker, group leader and divorcee Leslie Stevens Suhy shares her stories and successes, as well as her failures and hard learned lessons. Full of inspiring stories from real clients, combined with the strategies and advice drawn from women who have lived through this traumatic time, *Divorced: Now What?* is full of ideas to restoring your hope, finding your happiness and passion, gaining back your confidence, and ensuring that your journey is full of loving and supportive people. This guide will help you navigate these times and learn to be present in your new life (especially important if you have children). Truthful, insightful, and even humorous, *Divorced: Now What? Your Survival Guide to Restoring Hope, Happiness, and Order Without Losing Your Mind, Yourself, or Your Friends* is a must-read first step on your journey to discovering your most fulfilling and passionate life. The work in this book has empowered women and dramatically changed lives ... and it can change your life too!

Daily Survival Guide for Divorced Men: Surviving & Thriving Beyond Your Divorce Days 1-91

Dale J. Brown, PhD, will never forget the day his wife left him. Her declaration caught Brown off guard. Suddenly he was just a statistic: another divorced man. In the dark days that followed, Brown felt alone and bereft of meaning. At his lowest point, he considered suicide. Fortunately, he reached out to his good friend Ken, a psychotherapist. With Ken's help--and insistence that Brown not be alone at this time--Brown found his intense agony abating. But he still had much grief to process. Brown is not alone.

Men who are separated or divorced have a rate of suicide nearly 40 percent higher than that of married men, and even those who do not attempt suicide can feel sad, lonely, and helpless. Despite the pressing need evinced by this group, Brown found few resources to help men cope with the emotions brought about by divorce. So Brown wrote the book he wished he'd had when his own marriage ended. Full of spiritual wisdom and practical advice, *Daily Survival Guide for Divorced Men* offers comfort and encouragement for men experiencing divorce. Readers of this book will find that they are not alone--and they can thrive even after divorce.

SINGLE DAD'S SURVIVAL GUIDE

Recently or currently going through a divorce? The only thing worse than divorce is death and many times a divorce feels worse, especially when there are kids involved. This is a book of resources for the single dad.

Daily Survival Guide for Divorced Men

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Divorce Survival Guide for Kids

Written in a light-hearted manner for kids and teens, this divorce survival guide for kids is authored by two teens who share tips and tricks they learned over more than ten years, while moving from mom's to dad's house. They decided to write it after realizing that when their friend's parents were divorcing, they were the 'go-to' divorce kids for advice...and they realized they were sharing the same information each time. So, they wanted to share the information with all kids that are going through this difficult time, but in a kid-to-kid kind of way. In an easy to read format you'll find tips for what to expect, getting used to two homes, dealing with the divorce drama, what to do when you don't know what to do, and tips for sharing homework and school information between parents and teachers. So many things you didn't have to think of when your parents were together! Most importantly, this book shows kids that they're not alone and others have successfully survived their parents divorce. So why go through it with trial and error when you can read this brief guide and get all the tips you'll need to survive?! Deliberately kept short so you can get back to your friends, facebook, twitter and everything else kids do today!

The Divorce Survival Guide

Answer all your pressing divorce questions with *The Divorce Survival Guide*. Facing a divorce can be overwhelming, as you confront complex questions about everything from finances to child custody to your emotional well-being. *The Divorce Survival Guide* walks you through every step of the divorce process with straightforward tips, techniques, and checklists. It outlines your legal, parental, and financial rights, and details common scenarios that may arise in the legal proceedings so that you can make informed and thoughtful decisions. Most important, *The Divorce Survival Guide* helps you through the complex emotional work of divorce, with tips on handling stress, and techniques for protecting and communicating with your children. *The Divorce Survival Guide* will be your practical guide to the divorce process, with: An easy-to-follow guide to the initial divorce steps, including how to understand divorce laws and your legal rights Information on protecting your finances, such as how to divide your property fairly, protect your credit, and uncover hidden assets A helpful quiz to find out whether you should get an attorney, from the editors of *The Divorce Survival Guide* Essential information for understanding custody, child support, and how to give your child emotional security Practical techniques for reducing stress, understanding the emotional stages of divorce, and dealing with mutual relationships With *The Divorce Survival Guide: The Roadmap for Everything from Divorce Finance to Child Custody*, you'll have

the invaluable tools you need to make the best financial, practical, and emotional choices throughout your divorce.

Your Home in DIVORCE

Are you facing divorce? Is your home your largest financial asset? How can you maximize proceeds, minimize stress, fear, and anxiety? The answers are in your hands. Literally. This book guides you to ask the right questions, create a plan for your future, and make informed and wise decisions.

Rewriting Your Happily Ever After

Although you are never prepared to deal with the stress, trauma, upheaval and changes caused by the end of a marriage, particularly a long-term one, you can, and will, survive your midlife divorce! This guide will help you start the transition from being married to single and from being bitter to better. Whether you are facing the first few days of the divorce or you're already picking up the pieces and moving on, this will become your source to rebuild your life, handle the many challenges that come with change, and rise above the situation. Gain a better understanding of midlife divorce and learn how to let go of the anger, hurt, and blame, and start looking at your divorce not as an end, but as a new beginning for you. Change your negative thinking, improve your self-esteem, increase your confidence, and start rewriting your happily ever after today!

Your Survival Guide to Divorce

A book to help you decide if divorce is the choice for your marriage. A guide to help simplify the process. Everything your attorney told you, but you were too emotional to hear.

Winning Your Divorce

The only divorce book written specifically for men, this life-saving guide helps husbands preserve their interests and rights when it's too late to preserve the marriage. Includes special chapters on custody battles and on getting the best possible terms for alimony and child support. Syndicated newspaper columns.

When The Walls Come Tumbling Down

This book is written with the intention of helping parents constructively pick up the pieces of a broken marriage and rebuild a new form of a family once you decide to divorce and move on. Divorce does not mean your family is dissolved forever. It can be seen as an opportunity for personal growth. With some introspection and thoughtful effort, parents can realize their strengths and resources.

Daily Survival Guide for Divorced Men

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What in the World Do You Do When Your Parents Divorce?

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Dating After Divorce

You Got This! Dating After Divorce offers practical and honest advice about what may be the most vulnerable time in your life. This survival guide will make dating an adventurous rather than a treacherous expedition. Annette Bybee and Steve Smith share their advice and adventures as single, divorced Latter-day Saints braving the world of dating. They give practical tips on everything from making an online dating profile and building your sense of self-worth to staying close to the Spirit through your journey.

Life Derailed

Are you recently divorced with kids? Are you still hurt, angry and confused? Learning how to cope and adjust to your new life can be a long and difficult process. Transition is challenging, you do not have to do this alone. Are you seeking a way to heal? Do want to stop the tears, the anger and focus on moving

on? If you are seeking a way to talk with your kids about the divorce, time at dads and dating? Are you needing some tips on how to navigate as a single mom then this book is for you.

Your Home, Your Divorce, Your Money

A survival guide to managing the financial side of your house during and after divorce to maximize money and reduce risk and stress.

The Idfa Divorce Survival Guide

Questions & Answers about your Rights Before, During, and After Divorce.

Divorce Survival Guide For Men

A step-by-step guide for any man facing the possibility of divorce. This complete survival guide will function as a tactical workbook as you maneuver through each stage of your divorce - providing you with insider knowledge in order to get the best possible outcome for you.

The Co-parenting Survival Guide

This book helps parents in the aftermath of divorce learn to sustain a healthy co-parenting relationship and offers specifics for solving day-to-day problems, disciplining, and handling conflict during transitional times and special events.

Survival and Beyond

THE MUST READ SURVIVAL GUIDE FOR ANY MAN EXPERIENCING DIVORCE! This inspiring book is for all men who are thinking about or going through the stressful and painful divorce process. Based on his personal experience and interviews with scores of men, Ethan S. Sharvit offers a step by step guide on how to prepare for your divorce and negotiate a settlement that you can live with. Divorce has the power to bring any man to his knees no matter how strong he may be; Sharvit shows you how to survive the process in tact and inspires you to enjoy life once again. The realities of the divorce process and the cruelties of the court system that you may now be entering. Practical steps that you can take right now to help you during the divorce. How to choose a lawyer that's right for you. A taste of the issues, including division of property, custody, alimony, and much more. Understanding what you really want, including tips on how to formulate your own "term worksheet." Getting through the tough times. Beyond survival-learning to enjoy life once again.

Infidelity

An affair is a major crisis in your relationship, but one which you can survive. For some couples, once an infidelity and its after effects are behind them, the marriage is actually stronger than before. For others, coming to terms with what the affair was really about can enable a couple to break up with less anger and create a settlement that will offer their children the best hope for a healthy adjustment after the divorce. Infidelity is a step-by-step guide that will help you cope with the emotional impact of an affair and either choose to break up or begin to build a new model for your marriage.

Formerly a Wife: A Survival Guide for Women Facing the Pain and Disruption of Divorce

Written by one who has been there, Formerly a Wife will help those reeling from the devastation of divorce to: -take comfort in knowing they are not alone -take the first steps of survival and healing -be encouraged and better equipped for the next chapter in their life journey

The Divorced Men's Survival Guide

The Divorced Men's Survival Guide is valuable and entertaining reference for the newly divorced man. It covers everything from living on your own to dating on a dime. The controversial chapter, "How to get laid" returns the single man's confidence by giving him helpful advice on how to get women to be more attracted to him. This book also reassures him that is not alone during this chapter in his life.

The Comeback Chronicles

LISTEN UP, GENTLEMEN! Going through a divorce? I get it. It's like life sucker-punched you and left you winded. You're confused, hurt, and looking for answers. Well, good news! This isn't just a book. This is a **BATTLE PLAN**. A blueprint. An in-your-face, no bull., 365-day survival guide for men walking through the fire of divorce. Life doesn't give you a manual for when things fall apart. But this guide? It's the next best thing. Every single day, you'll dive deep into tactical advice, raw wisdom, and actionable steps. Designed to heal. Made to rebuild. Tailored to get you back on your feet stronger, wiser, and more resilient than ever before. And let's talk about that journaling section at the bottom of each page! You think pouring your heart out is for the faint-hearted? Think again! Reflection is where the **MAGIC** happens. It's where you battle your demons, find your truths, and craft a narrative that's all about triumph. **YOU** write the script of your comeback story. This isn't your grandmother's self-help book. This is a red pill daily guide, jam-packed with the tough love and the grit you need to navigate these murky waters. It's time to get out of the rut, level up, and reclaim your life. Remember, clouds do break, and soon enough, you'll be basking in the sunlight. **STOP WISHING. START DOING.** Dive into this guide and emerge as the **HERO** of your story. It's time to crush it!

Divorce

Nobody wants to hear **YOUR** story. Not that you'd want to tell it. Rather face a firing squad first. You worked steadily, helped your wife raise the kids. Mowed the lawn, took out the garbage, fixed the sink, was patient & understanding and fully expected to be married for the rest of your life. Then out of nowhere, the women you loved, honored and cherished for the last two-plus decades can't stand the sight of you and will do anything, (yes, and I mean anything) to get out of the marriage. If this is what you're going through, you need this book. Because I have been where you are now and you're going to need to know what to expect, how to react, how to defend yourself and how to cope with what might very well be the most difficult period of your life.

After Divorce Help Book for Kids

Exactly What Your Child Needs to Understand, Express, and Get Through Parents' Divorce Kids have difficulty seeing things from another person's perspective, so they think about things in relation to themselves, as such, it is almost impossible for them to know why their parents are no more living together. There are lots of questions in their head, but they might not know what and how to ask. As the parent, it is our responsibility to discuss, and most importantly provide them with vital workbooks such as this specially designed for kids of divorce to better understand and express their feelings. This book contains several guides and activities that will assist kids get through their parents' divorce in just **3 MONTHS**. **FEATURES** Daily/weekly activities management page to track and express their feelings, includes sections to track date, how they feel, why, drawing of how they feel, quote of the day, the goal of the day, sports activities, books to read, morals of the day, my wish and much more! The 'Best Parent Ever' section to track communications and feelings towards the parent, includes sections to record 'discussion with parent', what was learned, 3 things I love about my parent, what I did to help, why I have a new home, things I wish my could change, things I am happy about, things I worry about and how I plan to overcome, and much more! My future ambition section: what I wish to be when I grow up, What I must do to make my dream come through, what I have done, my role model, what I like about him/her, where I will be in 5 years, a chart of my future timeline from birth. Storytime: Include a section for kids to write a short story with the morals of the story. Also, there is a section to write a short letter to themselves in the future! Play Time !!! : This includes a weekly set of creative activities such as maze to solve and coloring pages to design. This aids intelligence and helps to relieve stress. Undated Calendar: For kids to note important dates Notes section: These are weekly lined pages for children to note and track all their activities of the weekly. Much more! This workbook is a result of extensive years of research carefully designed by a professional to help your kids through your divorce. I am certain you will find this book help.

Coparenting Wellness Planner for High-Conflict Cases

Divorce is hard enough even in the best of circumstances. But what if your spouse is trying to turn the kids against you? What if your ex is hauling you into court over every little thing? What if you're being falsely accused of child abuse or domestic violence? Worst of all, what if you've been cut off from your children entirely? High-conflict divorce is just about the most devastating, soul-wrecking experience imaginable. The unrelenting chaos and pain can leave you exhausted and despairing. Legal fees can become a huge strain. And most importantly, there's the impact on your children, who may be grappling

with anxiety, struggling at school, acting out, or turning to substances to cope. How can you keep it all together? In *The High-Conflict Co-parenting Wellness Planner*, high-conflict divorce experts Megan Hunter and Andrea LaRochelle offer hope and a wealth of advice. The healthier you are as a parent, the better you'll be able to help your children. Week by week, the authors guide you in taking care of yourself while navigating conflict. You'll learn practical strategies for handling the most common co-parenting scenarios. And you'll discover new ways to manage your own anger, worry, fear, stress, and grief. As hard as it may be to believe right now, it is possible to move beyond the conflict. You can overcome the alienation, regain your balance, and ultimately find freedom - from the overwhelming feelings, from the drama, and from your ex's hold on your life. This book shows you how.

The Women's Divorce and Dating Survival Guide

What does it mean to shine forward? It means that we learn from the past and glow into the future. We are mindful of motivations and choices, living in the present letting go of any negative heaviness from mistakes. We move forward with intention, awareness, self love, generosity and joy. This book is especially appropriate for women who feel like their kindness and generosity were manipulated and bruised in their past relationship. Those of us who are patient and loving are more susceptible to marrying someone who is unacceptable. The *Divorce Survival Guide* strives to help build stronger, empowered women who can identify early on what is unacceptable in a relationship and confidently walk away. The first part of this guide will help women let go of baggage and reclaim past positives with a confident, more evolved self. Marriage changes some very basic parts of us, as does a divorce and the events leading up to the end of a commitment. We certainly never planned on divorce. Healing can take years, but while healing happens we can also begin shining forward. The second part of the guide helps newly single women reenter the dating world, when ready. Shining like a star in your dating life means that you strive for lightness, joy, health, balance, and clarity in who you are and what you want out of life. No one gets to steal your shine. You are self aware and love yourself so much that you stand up for your goals and non negotiables in relationships. You are happier alone than with someone who is not right for you. The "Ten Dating Tips" will equip women with solid insight into the ups and downs of dating. Knowing who and what you do NOT want is as important as knowing what you DO want. So many women compromised and suffered so greatly during their marriage that initially, anyone who seems stable and loving seems perfect. However, with an understanding of what we want from our next relationship, we can actively seek the type of man who is perfect (or close to perfect) for us. The third section of the *Women's Divorce and Dating Survival Guide* is devoted to recognizing (and walking away from) The Ten Most Unwanted Dastardly Dudes. What are Dastards? These gentlemen are incapable of true intimacy. They reel us in because they are charming and manipulative at first, seeming to know exactly what we want. This charm is otherwise known as love bombing, and it is temporary. They engage in a process of grooming which causes us to put down our guard and inch by inch, we begin accepting increasingly unacceptable treatment. Learning to identify neglect as a form of mistreatment is very important in walking away from a Dastard. Gina Gheller, LCSW is a divorced psychotherapist who writes with years of professional observations of relationship dynamics. She is also an actress with the entertaining, creative tools from over a decade of research on types of characters, including the ones to look out for, the Dastards (a term she invented). Actors also have to listen to their instincts, which means truly knowing what motivates and makes you feel confident in your choices. Gina wrote this book to help women take charge of the course of their lives rather than allowing things to "just happen" to them. Mindful self reflection is a constant theme of this guide. Gina uses humor in her relationship coaching practice as well as in her writing, sharing valuable personal experiences to add better insight and zero shame into shining forward as a confident, aware divorced woman.

Divorce Survival Guide Vol. 1

Divorce is a Huge Investment, perhaps the biggest investment in your life. Rather than making the most common mistakes, setting you back months and thousands of dollars, this guide will help you navigate the divorce process, with or without the help of an attorney. This guide assists you in evaluating your goals, preparing to be your best advocate, keep you organized when interviewing and working with attorneys, and will serve as a reference point for many common issues in the divorce process. Most people spend Tens of Thousands of Dollars on their divorce; using their homes, savings and retirement accounts to fund the process. While sometimes necessary, some planning and forethought can keep more money in your pocket, and help keep your inner peace. In addition, after the divorce, the process is not over, as there are may "loose strings" that need to be resolved as you prepare to move forward with your new life. Do yourself a favor and invest in your future, since self with this guide

Relationship Breakdown

Relationship Breakdown primarily provides reassurance - your feelings are completely normal and you will recover. It takes you through the common stages from initial feelings of desperation, to dealing with other people, sorting your life out, etc

Divorce

You've probably heard the old saying, "Never bring a knife to a gun fight." Well, in divorce, gun play is the least of your problems. This field manual contains the information you need to get through your divorce relatively intact. Each chapter provides a rule necessary to negotiate and subdue an estranged wife, her psychotic attorney and a family court system bent on shriveling your manhood to a permanently flacid state. For the unmarried grunts, there are even a few pre-emptive guidelines, which can be weaponized as a deterrent. Even if you only use a few of the 37 rules within, you could save yourself years of torture. When that happens, this book will have paid for itself a thousand times over. For every man considering matrimony, already married, or thinking about driving his wife out to the Mojave Desert and leaving her to fend for herself - this book is for you.

The Women's Divorce and Dating Survival Guide

Finally, a divorce guide for women that addresses not only the challenges of adjusting to divorced life, but also the hurdles ahead in the dating world. Divorce and dating can be scary and overwhelming, but it is also an opportunity for growth, reflection, and major life improving changes. This guide helps women through common shared struggles, providing tools for awareness, self-esteem, and focused goals. The "10 Dating Tips" include hilarious and helpful strategies for dating as an evolving, single woman. An entire second half of the guide is devoted to identifying certain types of men, affectionately called, "Dastards". Are you tired of always attracting men who are wrong for you? Through informative stories and facts, many women will be able to avoid disaster through preparation and practice spotting Dastards a mile away.

The Divorce Survival Guide

Separation and divorce are emotionally difficult events. Finances, lifestyles, and daily routines change, and emotions run high, especially when kids are involved. Soon reality sets in and suddenly the family realizes that life as they knew it has changed irrevocably. Some men spiral downward and die a slow emotional death and others are able to regain their psychological equilibrium. What can men do to successfully navigate this unsettling time and emerge feeling confident and strong? In his characteristic, no-nonsense approach, Richard Hernandez provides 10 simple tips to help men speed up the healing process and thrive. These tips are based on Richard's personal experiences of surviving two painful divorces, and can help you regain your dignity and self-respect. Today, Richard enjoys a successful career in the Federal Service and a healthy relationship with his daughters.

Live, Laugh, Love Again

At long last, a "Girlfriend's Guide" on divorce -- written by four women who have experienced it all and have good news about getting through it.

Formerly a Wife

Now that I'm on my own...Can I be tough enough to survive, yet preserve a tender spirit? How do I deal with all of these intense feelings? How do I make this house my home? Formerly a Wife, written by one who has been there, will help women in the post-divorce phase of their lives to: admit their feelings without feeding them make healthy choices for survival and beyond confront a myriad of issues including identity and self-worth, pain and memories, and the burden of new responsibilities. Organized in an easy-reference, question/answer format, Formerly a Wife (1) provides support and comfort for the newly divorced woman (2) prepares and equips her for the unfamiliar territory ahead and (3) helps her take the first steps of survival toward becoming the person God is forming her to be.

Tina Chantrey's Divorce Survival Guide

As a qualified coach and contributing editor to Women's Running UK, Tina was able to use exercise and running to turn her life around and believe in herself again, when she was going through separation and divorce. And, using the book as a guide, she believes that anyone can do the same, no matter how difficult their experience.

101 Little Instructions for Surviving Your Divorce

In this fact-filled, one-step-at-a-time guide to the divorce process holds the reader's hand through the maze, mystery and mire of divorce attorneys, court procedures, custody, mental health issues, child support, property settlement, and more. Each brief and incisive instruction offers hope, encouragement, and authoritative guidance from a practicing attorney who has been there with her clients again and again. An essential real-time companion for those going through the divorce process. 120 pages

Catholic's Divorce Survival Guide

We know that you may be too tired, depressed, or angry to use a formal "workbook." After all, who wants to work after suffering a divorce? So we've kept this Personal Guide SIMPLE and EASY to USE. The Catholic's Divorce Survival Guide is centered on five survival points that will help you survive your divorce."

'Don't Be' Crushed By Divorce

A Christian woman needs a duffle bag of survival gear and a sharp machete to navigate the war of before, during, and after a divorce. Most will erroneously enter this process with thoughts of amicable proceedings only to be airdropped into the middle of an active warzone! Bullets are flying, food is scarce, and the woman of God soon discovers that every step she takes is a potential TM-46 landmine. Now is not the time to be crushed by the oppressive life changing battle that is at hand. Now is the time to be equipped, humored, and supported into setting a foundation from survival to thriving. This book offers a hard look at single parenting, the effects of divorce on the children, and making decision while in a broken and desperate state of mind. Discover how to enlist your army, keep poverty at bay and most importantly keep your anchor in Christ through this difficult time. With 18 years experience as a divorced parent, and 30 plus years as a Christian, this book bring the authors failures and victories, grit and grime, warnings and conviction to the reader. If the "D" word is in your past, present or future, it's time to grab this book, put on the war paint, and enter the war zone with a battle plan that is sure to help!

The High School Sweetheart's Survival Guide to Uncoupling

How do you move forward from a relationship that defined you? Facing divorce with your lifelong partner is a most complex situation posing unique difficulties. If you are looking for someone who knows exactly what you are going through, author Karinne Piat will guide you through this highly emotional and pivotal transition from your marriage and into the next chapter of your life. As a deeply spiritual and openhearted healer and mother, she has traveled this path and will show you how to get through it, too. In A High School Sweetheart's Survival Guide to Uncoupling you will: deeply understand why your life's journey involved uncoupling, have certainty in your decision about how to move forward, uncouple with ease and agreement, and step forward into a life that fulfills you. Join Karinne Piat to unlock the meaning behind your relationship and learn the skills to move forward with grace and insight.