

## ***Read Online Dinosaurs Divorce A Guide For Changing Families Dino Life Guides Free Download Pdf***

***The Divorce Survival Guide A Short Guide to a Happy Divorce Nolo's Essential Guide to Divorce A Guide to Divorce Mediation The Michigan Divorce Book Navigating Emotional Currents in Collaborative Divorce Nolo's Essential Guide to Divorce The Optimist's Guide to Divorce The Smart Gal's Guide Thru Divorce Breaking Free The Mom's Guide to a Good Divorce Contemplating Divorce Man's Guide to a Civilized Divorce Dinosaurs Divorce Divorce For Dummies A Parent's Guide to Divorce Still a Family F\*\*\*\* It. Get a Divorce Getting Apart Together A Woman's Guide to Divorce Now what Do I Do? What in the World Do You Do When Your Parents Divorce? Divorce Survival Guide for Kids The Military Divorce Handbook The Empowered Woman'S Guide to Divorce Parenting After Divorce The Ex-Wives' Guide to Divorce The No-Nonsense Guide to Divorce Divorce Divorce Without Court Helping Your Kids Cope with Divorce the Sandcastles Way The Sh!t No One Tells You About Divorce Divorce (or Not) a Guide Part I: Divorce The African-American Guide to Divorce & Drama Make Any Divorce Better! The Divorce Workbook A Smart Girl's Guide to Her Parents' Divorce The Woman's Holistic Guide to Divorce Divorce in Texas Divorce 101***

***A bestselling author offers a refreshingly honest, compassionate guide to the sh!tstorm that is divorce: falling apart, staying afloat, and new beginnings (whether you are ready for them or not). After 12 years together, 2 children, 10 pets, and 5 properties, Dawn and her partner decided to call it quits. In the newest installment of her bestselling Sh!t No One Tells You series, Dawn tries to figure out what happened... and what happens next. Dawn takes you on her own bumpy, meandering, and often absurd journey through the destruction of a life exploded by divorce. She dodges legal hurdles, irrational decisions, alarmed therapists, random hobbies, and a concerning number of dating app profiles that look like the beginning of a true crime podcast. But somehow, she found herself stronger—and happier—on the other side. Leaning into the mess, Dawn helps you learn the art of embracing Netflix and cry, the healing power of profanity, the importance of assembling the right support squad, how to survive the sh!tshow of co-parenting, and much more. Joined by an insightful chorus of divorced friends, Dawn delivers a true-to-life and funnier-than-it-should-be guide to discovering the unexpected value in the wreckage. What if divorce isn't just a loss—but an opportunity? A Short Guide to a Happy Divorce is the book for when divorce is the right path and the healthy path for you and your spouse. A happy divorce? That might sound like an oxymoron, and it is for many divorced couples and families. But when divorce becomes the final answer, spouses often realize that they now have another chance for happiness and fulfillment. The decision to get a divorce is one of life's most significant. There is no downplaying it. Once that decision is made, it's time to shift gears and revise perspectives: divorce is the right path and the healthy path for you and your spouse. In A Short Guide to a Happy Divorce, Sharon Gilchrest O'Neill guides you through this stage of life with her***

*accessible and personal approach that works to achieve the goal of finding happiness in divorcing, in order to improve your life, as well as the lives of your family members. "The Mom's Guide to a Good Divorce" is a practical guide to help those women who have decided to get a divorce to understand all of the details they need to think through... always keeping in focus what is best for their children. The guidance is written in a conversational tone and is served up in bite-sized pieces. Avoid the expense and stress of divorce court. Ending a marriage is always difficult, but you don't have to be financially or emotionally overwhelmed. Through mediation or a collaborative divorce, you can avoid huge legal bills and debilitating conflict with your ex. This book guides you through all the steps of negotiating a divorce settlement, using mediation or collaborative law. Encouraging, straightforward, and inspiring, Divorce Without Court explains mediation and collaborative divorce and shows you how to: choose the right method for your family maximize opportunities for settlement get an agreement in writing find mediators, attorneys, and advisers, and protect your children first, last, and always. Divorce Without Court provides state court websites, contact information for mediation organizations, and clear examples of what you can expect in mediation or collaborative divorce. "DIVORCE 101: A Woman's Guide to Divorce" is packed with practical answers to your questions about divorce. Written in plain English, with easy to follow chapters, this guide can empower you with the knowledge to make informed decisions when your marriage ends. It will show you how to plan and manage your divorce, giving you the confidence necessary to: Safeguard yourself before you ever meet with a lawyer. Collect and organize the vital information needed in your divorce. Choose the best lawyer for your case. Understand your current financial situation. Establish the bottom line so that you receive your fair share. Make money smart choices about assets and debts. Negotiate effectively with your husband without being intimidated. Understand child custody issues to create a customized parenting plan. Manage everything once your divorce is finalized. DIVORCE 101 is tailored to meet the needs of women who desire direction during their divorce. It can help you understand the legal process, get a grip on your situation, and improve your ability to make good decisions. Instead of struggling through your divorce, gain the necessary knowledge to take control of it. For use in schools and libraries only. Text and illustrations of dinosaur characters introduce aspects of divorce such as its causes and effects, living with a single parent, spending holidays in two separate households, and adjusting to a stepparent. Answers common questions about divorce, its effects on the family, relationships with parents after a divorce, and related matters, and provides observations from children who have experienced a divorce in their families. How do you deal with it? - Blame - Whose fault? - Self esteem - Family breakups - Caught in the battle zone - Parents - how do I deal with them? - Anger - Forgiveness - Spiritual zone. Information designed to help children express, explore and understand some of the many emotions triggered by the separation and divorce process. From marriage and family therapist Jean McBride, M.S., L.M.F.T. your in-depth guide to discussing divorce with your kids. In Talking to Your Children About Divorce, Jean McBride provides you with the tools and encouragement to effectively communicate with your child about divorce throughout the entire process from preparation, to the actual talk, to the aftermath. McBride brings her more than twenty-five years of specializing in divorce to guide*

*you through crucial but difficult conversations and cultivate an environment of love and support throughout the divorce process. Talking to Your Children About Divorce prepares you to initiate open communication, with: Concrete actions to help your children weather the emotions of divorce. Useful scripts to guide you through a variety of situations throughout the divorce process. Simple steps to improve communication, both with your former spouse and with your children. 10 tips to maintain co-parenting success and promote healthy, happy, well-adjusted children. " A result of the author's own experience finding her way through a particularly traumatizing divorce, this guide includes the usual self-help aspect as well as stories and advice that other women were willing to share with the author to help any woman sail through a turbulent time. Offering a fresh and uncommon perspective beyond the already long list of books on divorce that focus on getting through a break up's emotional toll or how to deal with children, the book's usefulness covers a comprehensive list of solutions to challenges that arise from attorneys offering legal and financial advice to saving on cosmetics and holiday gifts. There is a practical list of household hints as well as methods for helping kids get through such an upsetting period and ways to confront health issues that arise as a result of a stressful time. The author stresses the importance of such a life transition and how this guide can be a safety net providing a myriad of suggestions that help women move from a victim status to regaining their strength of inner peace and wisdom. Every woman who finds herself in the middle of a break up will find this the ideal all-inclusive companion for moving on. WENDI SCHULLER is a pseudonym for a published author who has conducted classes on various subjects. She draws upon her knowledge as a nurse, Neuro-Linguistic Programmer (NLP), and hypnotherapist, providing a blueprint to guide women through this difficult transition. Schuller hired an attorney for a court divorce, but decided to go the collaborative route instead and has worked with a mediator post-divorce. Her passion is international travel and she devised savvy cost-cutting measures to achieve this dream. Schuller worked in the public schools and observed firsthand the effects of divorce on children. Her aim is to have families experience a smoother divorce, keeping their sanity intact and obtaining the healthiest outcome possible. Guess which couple got more of what they wanted: Charles and Charlotte, who worked out a negotiated settlement together? Or John and Joyce, who let the court settle their differences? Couples who want to negotiate their own divorce settlements now have a comprehensive self-help guide, complete with ground rules, agendas for discussion, sample forms, and options for divorce mediation without "bloodshed." Not quite a "do-it-yourself" manual - you'll still need an attorney - but packed with real-couple examples of successful agreements on Co-Parenting, Custody, Financial Support, College Planning, Property, Insurance, Taxes.... An organized, thorough guide to the important issues for every separating couple, and an effective aid for those who seek professional mediation. "Your chances of getting the outcome you want are best when you take control of the decision-making process," says Martin Kranitz, Director of the National Center for Mediation Education in Annapolis, Maryland. "Couples can work out their own decisions, if they know what to talk about." 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. By clarifying assumptions about and expectations for their relationships to their spouses, the step-by-step approach in Contemplating Divorce helps readers decide whether to try to make a flagging marriage work or proceed with the difficult decision to divorce. Statistics show that one half of all marriages end in divorce, 60% of second marriages fail, and 73% of third marriages end before death do us part. In this groundbreaking book, Breaking Free: A Step-by-Step Divorce Guide for Achieving Emotional, Physical and Spiritual Freedom, top divorce attorney Rebecca Zung, Esq. provides a comprehensive divorce roadmap, through daily readings, exercises and meditations, offering tips and tools to navigate this challenging time. By addressing the day-to-day emotions, divorce law, financial ramifications, and the spiritual journey anyone contemplating or experiencing divorce will face, Breaking Free provides a fresh approach to the issues readers will encounter. In the first section, "Emotional Freedom," Zung explores the initial mix of feelings that accompany the divorce process - from fear and anger to guilt and resignation- and how to overcome them. In the second section, "Physical Freedom," she simplifies the legal aspects of divorce to arm readers with knowledge on how to handle critical issues such as selecting a lawyer, legal issues such as alimony and child support, and coping through the mediation and trial processes. In the "Spiritual Freedom" section, Zung recommends a variety of tips and tools to empower readers to reach spiritual freedom through forgiveness, laughter, integrity and passion. Breaking Free is the Divorce Bible for anyone contemplating or experiencing divorce. Offers advice to girls dealing with various aspects of divorce, remarriage, and stepfamilies. Helping all professionals - lawyers, mental health professionals, financial neutrals, etc. - who practice in the area of Collaborative Divorce, this book explains how marital dynamics (both conscious and unconscious), combined with the traumas of the divorce as well as those from previous situations, will be re-enacted within the Collaborative process. This enlightening book integrates elements of effective psychotherapy into the Collaborative process, although its lessons can be as easily applied to divorce cases handled through litigation and mediation.*

*How to Divorce with Grace, a Little Class, and a Lot of Common Sense* Sam Margulies, one of the most experienced mediators in the country, shares his experience to help men make this unpleasant process as quick and amicable as possible. His suggestions on how to manage this turbulent period will significantly minimize the effects of divorce on the separating couple, and on any children in the relationship. Taking into consideration custody issues, and giving specific financial and legal advice, men will find information about how to choose a lawyer, how to deal with a pre-nup, and when and when not to go to trial. Margulies explores all the elements that make for a good, fair divorce, as well as the importance of timing and the decision to get counseling. He also explains how to avoid a legal mess, the long term implications of alimony and child support, dividing up property, and how to negotiate the final agreement. In *A Man's Guide to a Civilized Divorce*, Margulies helps men avoid the treacherous waters of divorce and illustrates how with the right advice, one can actually come through the process in pretty good shape. A marital therapist and divorce lawyer takes you on a journey through today's world of divorce. There is a better way and Joseph Shaub guides you through the maze of decisions you will make to arrive at the outcome which best supports the long term wellbeing of you and your children. Providing accurate and objective information to help make the right decisions during a divorce in Texas, this guide provides answers to 360 queries such as How quickly can one get a divorce? Who decides who gets the cars, the pets, and the house? What actions might influence child custody? How are bills divided and paid during the divorce? How much will a divorce cost? and Will a spouse have to pay some or all attorney fees? Structured in a question-and-answer format, this divorce handbook provides clear responses to help build confidence and give the peace of mind needed to meet the challenges of a divorce proceeding. From creating a parenting plan to navigating the post-divorce world, this child-centered reference teaches parents what to say and do to guide their children--toddlers to young adults--through a divorce, offering proactive solutions to make the child a priority as readers successfully transition to co-parenting.

Welcome to *The Relationship Guide For Optimists*. F. Scott Fitzgerald said, "There are no second acts in American lives." He was a literary genius, but a relationship dummy. Or pessimist, anyway. Of course there are second acts in our lives. And nineteenth and 100th acts, too. If you're an optimist, that is. If you optimistically reject that a few words--say, til death do us part--eliminate forever any chance to begin anew. Or that bad decisions, or ones that despite good intentions and efforts turn out poorly, are final. No, optimists think unfortunate, even horrible, situations are natural, inevitable challenges in a well-lived life. Many-most-serious relationships don't last a lifetime. They just don't. But when that happens, here we don't mourn or seethe. Optimistically, we say, well ok, time for a reality check. Recommit and dig in for another attempt at rebirthing the relationship? Maybe. But, maybe not. Perhaps it's time to gently, thoughtfully, caringly put things in order. And take loving care of others. Then go back to that hopeful you, start fresh, search for happiness again. That's what optimists do, right? Fall down but get back up, brush off and keep moving ahead? Sound like you? Or a person you'd like to be, or be again? Then this guide's for you, optimist. What can two women who married the same man tell you about divorce? Plenty! Divorce can tear up a woman's life like a tornado going through a trailer park, but it doesn't

*have to be that way. Seasoned experts on all things divorce, Holiday Miller and Valerie Shepherd developed a unique friendship after they both married and divorced the same man. They learned the hard way that when divorce is on the horizon, most women fall apart. While the husband is gathering ammunition with his high-paid attorney, the wife is rehashing what went wrong—instead of preparing herself for the battle ahead. The Ex-Wives' Guide to Divorce teaches women how to manage the “business of divorce” in a focused, realistic, and organized manner. Miller and Shepherd aren't lawyers or psychologists, but they have the hard-earned wisdom of experience. They share crucial advice on how women can build a support system and maintain a tenacious spirit through the heartache and nitty-gritty negotiations over alimony, child custody, and the rest. Divorce is never pretty, but Miller and Shepherd want to make the experience as easy and painless as possible. Straightforward and honest, this essential guide equips soon-to-be ex-wives with a road map of what lies ahead, easing their fears, saving them money, and motivating them to start building new lives for themselves, sans Prince Charming. Describes the divorce mediator's unique mix of legal, psychological, and spiritual perspectives and discusses the ground rules and legal ramifications*

*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! For the more than one million women who get divorced each year, welcome to your support group. Wise, comforting, and uplifting, The Optimist's Guide to Divorce captures the experience of sisterhood through the voices of its authors and their community of women in the Maplewood Divorce Club—women who understand what you're going through, who know the practical issues as well as the emotional ones, and who can help you keep a sense of hope and a sense of humor. Brimming with stories and insights, valuable resources and smart strategies, in-the-trenches tips and sanity-saving takeaways, this book prepares you for each phase of divorce, from having “the talk,” to breaking the news to family and friends, to figuring out where to live, to co-parenting with an ex, to rebounding and rebooting your life. It's divided into three sections that cover the process from start to finish—Deal, Heal, and Reveal—and make it easy to jump in wherever you are in your journey. And even better, to make the choices that will help you develop a better relationship with the one person you'll be with for the rest of your life—yourself. Wherever You are in the Process*

*If you are concerned about a divorce. If you are in the beginning stages of a divorce. If you*

*are in the detailed process of a divorce. We know what you're going thru, and what's up ahead. Become well-informed. This is the Smart Gal's Guide thru Divorce. We call it "Insider-Thinking". Over 16 chapters of Smarts. A wealth of information. The Guide-Book. With the potential to save you thousands. With a heart to encourage, in 2012 Sara was inspired to launch Divorce Buddys. Guiding clients through the complexities of divorce. Sara delivers key-information, guiding women how-to think through the journey of divorce. Continuing to expand, Sara re-branded her services under her corporate banner, Sara A., LLC. A Mediator and Guide, serving clients in Texas. Complete information, instructions, sample forms and blank tear-out forms for doing an uncontested divorce in Michigan without an attorney. If you are going to choose only one book to read as you navigate your divorce, choose Nolo's Essential Guide to Divorce—the one guide that everyone going through divorce should have. The book will support readers in avoiding conflict while protecting their financial situation and relationships with children. It is thorough, easy to read, and updated with the most current information. Still a Family is a much-needed repository of wisdom and practical counsel for any family going through a divorce, a time of heightened feelings and fragile relationships. Divorce can have a devastating effect on children. Yet for families who care fully consider and manage the intricacies associated with this difficult and upsetting time, the family, as seen from the child's perspective, can remain strong, healthy, and as loving and supportive as it ever was. Still a Family clearly and concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach, providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often painful process. The book covers the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups. This new and comprehensive book will give you exactly what you need to understand and comply with the law. It provides an overview of the provisions for the new Bankruptcy Reform Act including new sanctions provisions in Chapter 7 cases; regulation of attorneys as debt relief agencies; heightened requirements for reaffirmation agreements. Information and guidance about the divorce process and steps of working with lawyers or mediators. Divorce is a difficult passage, but there are practical things any couple can do, individually or together, to make the transition as painless as possible. Every divorcing couple needs the guidance in this book because, without it, the process will not go smoothly. Author Ed Sherman, an attorney with 35 years of experience and over 45,000 successful cases, shows how most divorces fit one of five profiles. He helps readers discover their profile then leads them through the process, step by step, of overcoming what can otherwise turn into major mental and monetary roadblocks. Through its communication, organizational, and negotiation tools, Make Any Divorce Better! not only saves readers money, but puts them - not lawyers or the courts - in charge of the process, allowing them to get it done faster, with a minimum of emotional and financial expense, and move on with their lives. "Your divorce doesn't have to damage your children..., " Stahl assures, " ... especially if you limit your children's exposure to your conflicts." He*

*knows parents are not perfect, and he uses that knowledge to show imperfect parents how to settle their differences in the best interests of the children. This revised and updated second edition features ideas from the latest research, more information on long-distance parenting, dealing with the courts, and working with a difficult co-parent. A realistic perspective on divorce and its effects on children, Parenting After Divorce features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help for divorcing parents, custody evaluators, family court counselors, marriage and family therapists and others interested in the best interests of the children. Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. Helping Your Kids Cope with Divorce the Sandcastles Way can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you: How to build a co-parenting relationship--even when you think you can't When you or your child should see a therapist Age-appropriate scripts for addressing sensitive issues What to do when a parent moves away How to stop fighting with your ex-spouse How to navigate the emotional turmoil of custody and visitation How to help your child deal with change How to cope with kids' common fears about separation How to introduce significant others into the family and help your child cope with a new stepfamily More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents. This book will inform and empower women who have decided to divorce, or are deciding whether to do so. It will give them the `heads up` on what to expect, and the confidence to manage and control the formidable process; from the first meeting with a solicitor to the financial implications, the court processes, communication with the `ex`, and managing children, family and friends. It offers guidance on living arrangements and emotional aspects, and on the characteristics of `extreme` divorces including violence, harassment, custody battles, non-compliance and aggressive financial deprivation. Since Divorce For Dummies, 2nd Edition published in 2005, there have been considerable changes in collaborative divorces, common law marriages, same sex marriages, visitation, and even custody laws (from children to pets). Divorce For Dummies, 3rd Edition includes 25 percent new, revised, and refreshed material covering all of the above. The No-Nonsense Guide to Divorce is the straight-talking book divorcing people need now. Written by an experienced family lawyer, it's a blunt, funny, empathetic look at one of the most challenging times in life. Filled with concrete advice and hilarious and sometimes cringe-worthy examples, it's the perfect blend of how-to and what-not-to-do. The first-ever comprehensive book on divorce tailored specifically for the black community skillfully shepherds readers through the often painful process of separation and divorce, while seeking to minimize the "drama" and trauma for them and their children. Its message focuses primarily on divorce and nonmarital separation, alongside custody, visitation, child support, financial disputes, and related issues in the context of African-American cultural and social*



*realities. The guide, which features a foreword by television celebrity Judge Mablean Ephriam, draws on the author's extensive experience as a matrimonial lawyer. Via the book's 22 chapters and multiple sections, he underscores the unique cultural distinctions underlying most African-American divorces and separations, including such areas as the matriarchal composition of many black families, the influential role of the Black Church, and the community's general reluctance to seek mental health therapy, among others. The guide covers divorce drama and its aftermath in five dimensions: personal, legal and financial, family, community, and life after. Crafted to be informative and engaging, the guide offers readers a 360-degree view of the divorce process, highlighted by such chapter and topic titles as: "I'm Mad as Hell," "I Need a Man," "I Need a Woman," "The Word at the Church," "Money Versus Peace," "25 Questions You Should Ask Your Divorce Attorney," "11 Biggest Pre-Divorce Mistakes to Avoid," and "14 Biggest Post-Divorce Mistakes," among many others. There are also sections entitled "Act Now," offering step-by-step directions and tips to guide divorced parties toward achieving a "drama-free" divorce. These timely suggestions encourage new ways to think and act by advising paths a divorcing man, woman, or parent should take, and certainly should not take. By applying "Act Now" recommendations, readers can successfully empower their emergence through breakup, divorce, its process, and aftermath. Every woman considering divorce, or in the midst of a divorce, should be empowered to make intelligent, well-thought-out choices for herself, and for her children. In The Empowered Womans Guide to Divorce, noted psychotherapist Dr. Jill A. Murray and noted attorney Adam R. Dodge guide you through the key decisions involved in the divorce process, from making the initial decision to end your marriage, to going through the legal and emotional steps of divorce, and the challenges you may face in the aftermath. In this eye-opening and compassionate guide, you'll learn: To assess how your relationship has affected your body. What you and your children deserve in your lives. The seven legal rules of divorce. To evaluate your legal and financial options. Secrets of navigating the obstacle course in the courtroom. How to tell your children you and your husband are divorcing. Ways to help your children cope with the new reality of alternating between two single-parent households. How to deal with custody and visitation issues. To manage emotions such as anxiety, depression, and loneliness. Strategies for healthy co-parenting with your ex. How to ease back into dating post-divorce. If you're going through a breakup, you're not alone. Forty to fifty percent of marriages end in divorce. The Empowered Womans Guide to Divorce shares the voices of real women experiencing the same messy, confusing, and at times, exciting milestones. In clear and easy-to-read language, it helps you answer every question you didn't know you had about divorce until now.*

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