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Titolo	The optimist's guide to divorce : how to get through your breakup and create a new life you love // Suzanne Riss & Jill Sockwell
Pubbl/distr/stampa	New York, New York : , : Workman Publishing, , 2016 ©2016
ISBN	0-7611-8976-9
Descrizione fisica	1 online resource (289 pages) : color illustrations
Disciplina	306.89/3
Soggetti	Divorce Divorce - Psychological aspects Divorced women
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	"I don't" -- The kids: handle with care -- Law & disorder -- Temporary chaos -- Place to call home -- The ex files: communicating 101 -- Your ex and the warm body replacement -- The golden key: acceptance -- It's an inside job -- Finding peace of mind -- Your TLC action plan -- Write your own happy ending -- Guide to gorgeous -- Happily ever after . . . with yourself -- Socializing again: the scarlet D -- Drinks @ 8; time to date -- Create your own community.
Sommario/riassunto	"Close to 50 percent of marriages in America fail, leading to about 1.5 million divorces a year. But for Suzanne Riss and Jill Sockwell, who've been there and done that, there's no comfort in statistics, only community. Community is the one thing that can turn the shattering experience of divorce into a tolerable one-and, finally, a positive one. And community is what the authors offer in their inspiring and brilliantly helpful book, The Optimist's Guide to Divorce. This is the girlfriend-to-girlfriend guide that belongs in the hands of every one of those 1.5 million divorcing women. It's the book that draws on real women's experiences-not only the authors' but ten other women from the support group the authors started who all share their stories, insights, and wisdom. It's the book that gets into the trenches at the beginning of the process, in the section called Deal, which focuses on

what readers need to know right away - including how to tell the kids, confront the financial issues, figure out where to live, find legal help, and emotionally get through the day. From there it moves to Heal, which helps readers work through their anger, loss, and sadness and develop an action plan for the future. And, finally, Reveal, when it's time to celebrate the hard work and a new, stronger self. Because-in the succinct words of the book's underlying promise-the best time to find yourself is after losing him. Direct, warm, friendly, humorous, it's the book that will get every reader into a better relationship with the one person she'll be with for the rest of her life-herself"--
