

Divorce Is Not The End Of The World Zoes And Evans Coping Guide For Kids

how do i file for divorce in india? how do i identify a good lawyer? what are the grounds on which i can file for divorce? what goes into deciding who gets custody of the children? how much alimony will i have to pay? how much does it cost? Divorce is usually painful and complex. Breaking Up: Your Guide to Getting Divorced answers every question you might have on the subject. Mrunalini Deshmukh is one of India's top divorce lawyers, and she and her associates have handled some of the most high-profile cases in the country. Using their twenty years of experience and expertise, they have put together this book on understanding divorce law. Authoritative, simply written and easily accessible, Breaking Up will guide you through the entire process and help you get your life back on track.

A teenage brother and sister whose parents are divorced discuss topics relating to this situation, respond to letters from other children, and offer tips based on their experience. Includes insights from their mother.

As a parent, when you think about the word "divorce," many feelings might come to your mind, but what about your children's feelings? How can you help them deal with their very real feelings about your divorce? Feelings are a superpower when used responsibly. Feelings tend to get a bad reputation because they can sometimes be overwhelming and painful, but feelings help us learn to cope, process, and heal from all the things we experience. The true healing powers of feelings can get lost in all the chaos. It is time to take children's feelings out of the shadows and bring them to the light. Sharing all feelings is important in the healing process. This interactive workbook: Provides a safe space for children to stay "whole" before, during, and after their parents' divorce. Gives children a healthy, creative outlet to explore and process their feelings by initiating discussion, as well as discovering the power of self-affirmation and drawing. Takes a journey inside the concerns of children regarding how their lives will be changed by their parents' divorce.

What you will learn through this book: How to divorce with grace to preserve your dignity, integrity, and respect How to hire a team to support you as you go through divorce How to heal, forgive, and move on from your relationship How to co-parent for the good of yourself and your children And much, much more! In turn, what you will follow in this book: Chapter One: Rule # 1: You Will Survive and Be Just Fine Chapter Two: Rule # 2: You Must Assemble the Right Team and Get Support Chapter Three: Rule # 3: You Must Heal and Forgive as soon as Possible Chapter Four: Rule # 4: You Must Protect Yourself and Your Mental Health, Above All Else Chapter Five: Rule # 5: You Must Not Make the Divorce About Money or Things Chapter Six: Rule # 6: You Can't Move Forward Until You've Signed the Papers Chapter Seven: Rule # 7: You Must Nurture Yourself to Thrive Chapter Eight: Rule # 8: You Will Find Love Again, If and When You Want To Chapter Nine: Bonus: If Co - Parenting is a Game: These are the Rules Chapter Ten: Your Divorce is Not the End, It is Your New Beginning

Anne Walther offers a system for working through the staggering losses and changes a divorce can bring and moving on to a richer life for all. Her book includes exercises to help readers change their attitudes so that divorce is not a daily preoccupation. She also helps parents with practical strategies to deal with their children's grief. Ms. Walther's system allows readers to address their fears and losses, and break free.

You've probably heard the grim facts: Half of all marriages end in divorce. The divorce rate inside the church is the same as outside. Most marriages are just holding on. But what if these "facts" are actually myths? --Publisher

Divorces are a nightmare and the long term consequences are agonizing for all concerned; but there are steps that can be taken to prevent the nightmare of divorce from entering your life. The author of, HOW NOT TO GET DIVORCED has been a family counselor for over three decades and has been married to the same woman for 37 years. In his honest, and straight-forward style, he offers you simple, yet powerful principles that can help you set aside the divorce option and instead transform your marital relationship for the better. All it takes is the willingness to break the negative cycle that is destroying your relationship, by implementing some basic and very effective principles and by framing it all with the determination to save that which is sacred and precious: your marriage. Michael Caputo Family Counselor, Educator and Minister.

Divorce Wisely is the comprehensive guide for anyone contemplating divorce or currently divorcing. Easy to read, this book will assist you in evaluating whether your marriage may be headed toward divorce. It also provides the information you need to navigate the legal, financial, emotional, and personal growth aspects of divorce. It answers all the scary questions that keep you up at night: What will happen to my kids? What's the process like and what can I expect? How do I find a divorce attorney? What are the basic legal principles I must know? How do I move beyond being an emotional train wreck? How do I pay for a divorce? Why am I going through this and what's to be learned? Plus much, much more. Divorce Wisely is a compass. Whether you are in the middle of divorce, or are just contemplating the prospect, this book will help you find your way. Written by a compassionate divorce attorney, Divorce Wisely will empower you with the resources you need to make the best decisions for you and your family.

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.

Kids are told, "it's for the best"--and one day, it may be. But right now, divorce is the worst. Frank but funny, Anastasia Higginbotham conveys the challenge of staying whole when your entire world, and the people in it, split apart. Exceptional in its child-centered portrayal, Divorce Is the Worst is an invaluable tool for families, therapeutic professionals, and divorce mediators struggling to address this common and complex experience.

Divorce doesn't have to be devastating. Reject the idea that you'll be damaged by the process. In fact, if you do it right, you'll grow from the experience. You'll start your new life better than you were before. Divorce is difficult. There's no avoiding the emotional, financial, and legal challenges associated with divorce. Each member of the family will be marked by the experience in one way or another. What we've learned, through working with thousands of families going through divorce, is that some people come out of the experience devastated. For them, wallowing in the aftermath for years becomes the norm. Their divorce impacts their day-to-

day life for decades after the end of the marriage. Many of these people never let go of the negativity surrounding the end of their marriage. Other people have a different experience of divorce. They bounce back. They cope with the process as it happens and then they recover. These people move on to live bigger and better lives. They're happier, healthier, and more prosperous than in the past. They enter into new relationships, and they thrive. They don't deny the challenge presented by the divorce, but they don't let it define the rest of their lives. How is it that people can be impacted so differently by a divorce? We're not experts in psychology—we're lawyers. But, we've absorbed some lessons as we've observed our clients going through this process. We've found that some people learn from their divorce. They gain new insights. They turn the negatives into positives by maturing and evolving. We think they've figured out the way to divorce smartly. We wrote this book to help you divorce in a smart way. We can't pass along all of the emotional lessons to be learned from going through an experience as difficult as divorce—that's better left to the mental health experts. We can, however, help you understand the legal issues. Knowing what's coming, and understanding it before it happens, will give you the emotional space required to grow from your own experience. Staying one step ahead on the legal issues helps you avoid becoming overwhelmed. Knowing what's coming allows you to focus on the next step so you don't get rolled over by the process. With the knowledge you'll gain in this book, you'll be on your way to Smart Divorce.

Ready to leave your divorce behind and live a life you love? After a long marriage, Jude Walsh found herself in a position she never thought possible: divorced. The life she knew was gone. To heal the pain of the divorce and create a different future for herself, Jude developed eight practices, which she shares with the goal of helping other women create the life of their dreams and thrive after divorce. In *Post-Divorce Bliss*, women learn to shift their perspective, go beyond grief, and transform their trauma, along with other practical skills for moving forward. With Jude's guidance and passion, women find themselves ready to leave their divorce behind and live a life they love.

A teenage brother and sister whose parents are divorced discuss topics relating to this situation, and their mother offers her own insights. Original.

Sarah thought she was moving toward a long-awaited dream: a new adventure on the West Coast with her husband and two adopted children. As the boxes were unpacked, though, so were a lot of surprises that left her reeling as she learned that her marriage was in peril. The life she'd built with her husband was suddenly on the brink of ruin. In *This Is Not the End*, Sarah shares a hopeful perspective and helpful insights on navigating the highs and lows of divorce without losing faith.

'I couldn't put this book down. Wow, wow, wow.' ?????, Goodreads reviewer 'Amazing read. I couldn't put it down and finished it in a day.' ?????, Goodreads reviewer 'Absolutely fantastic. Had me gripped!!! Loved it!' ?????, Goodreads reviewer They seemed like any other couple Josh and Lydia Green. A doctor, and a stay-at-home mother. They met at a party, which led to a dinner, which led to a happy and comfortable life together. They married young, and had children earlier than planned. Their marriage seemed like any other marriage They have their moments, of course – who doesn't? With Josh working longer hours in the hospital, and Lydia feeling increasingly isolated at home, the strain is starting to show. They don't talk as much as they used to. But they have a secret like no other Not every wife is as scared as Lydia. Not every husband is hiding as much as Josh. Not everything you think about them is true. And this book contains a twist like no other... The Divorce is an absolutely unputdownable psychological thriller which will have you hooked until the final incredible twist. Perfect for everyone who loved *Gone Girl*, *The Woman in the Window* and *The Wife Between Us*. Readers are loving *The Divorce* 'Once I started reading this book, I found it impossible to leave down, the story was gripping from the start and it keeps you guessing to the end.' Goodreads Reviewer, 5 stars 'I raced through this book once started and can honestly say I didn't see the plot twist coming which was original and very clever. I highly recommend.' Goodreads Reviewer 'Drawn in from the first pages, a book I read late into the night.' Netgalley Reviewer, 5 stars 'This book was everything I wanted, and didn't even know at the time. There are so many twists and turns, and just when I thought that I had it all figured out, I was proven wrong time after time. I read this book in one sitting because I simply could not put it down. Highly recommended.' Cuppfam, 5 stars 'A brilliant psychological thriller that had me gripped.' Goodreads Reviewer 'So clever and thoroughly gripping!' Goodreads Reviewer, 5 stars 'What a read... From the first page I was hooked. It had me enthralled, I could not stop reading!... So many twists, turns and heartache.' Goodreads Reviewer 'A great book!... I definitely recommend this!' Goodreads Reviewer, 5 stars 'Gripped me from the very first page.' Goodreads Reviewer 'I loved it... Well written, entertaining, and difficult to put down. I highly recommend this book.' Goodreads Reviewer, 5 stars 'I was propelled through the narrative quickly, desperate to see where it was all going.' Goodreads Reviewer 'Absolutely loved this novel!

Excellent character development, and totally keeps you wanting to find out what happens next.' Goodreads Reviewer, 5 stars *Create a Life You Love After Divorce* #1 New Release in Divorce Offering a well-researched and tested method for recovering from the heartbreak of divorce, Dr. Elizabeth Cohen brings her highly successful Afterglow process to you in *Light on the Other Side of Divorce*. Don't just move on after you break up?thrive. You deserve love and affection. Dr. Elizabeth Cohen has been there?she really, truly knows how it feels to have your life derailed by divorce. As a therapist who has worked with hundreds of divorcing clients, she has developed the Afterglow method, which teaches you how to rediscover a life of growth, change, and abundance post-breakup. This program has been informed by her own healing journey and is based primarily on research-supported strategies, resulting in a balanced method that takes advantage of modern psychology and science, while also remembering what it feels like to dive into the emotional divorce-recovery journey. Set yourself up for success. It's true?letting go and moving forward can be hard. But if you read this book and try the exercises, you will see change. You will feel different. You will feel a positive shift in your life and your attitude. People in your life will comment that you look different. You will get more sleep, feel at ease, and have more hope. In *Light on the Other Side of Divorce*, you will learn about: • Tools for handling self-defeating thoughts and stopping self-doubt • State-of the art therapeutic approaches to managing fear, overwhelm, and deprivation • Active strategies to make lasting positive changes and see results Readers of divorce books for women and men like *This Is Me Letting You Go* by Heidi Priebe, *Conscious Uncoupling* by Katherine Woodward Thomas, and *Rebuilding* by Bruce Fisher and Robert Alberti will find joy after heartbreak with *Light on the Other Side of Divorce*.

Jenzy: I love my husband, but he doesn't see me anymore. We were college sweethearts and for seven years I've been his wife. Five of those years were bliss; the last two have been a long fall from grace. He's the love of my life, the sexy and smart man I saw my future with, but now I don't think he sees it too. I'm tired of not being seen, I'm tired of not being heard, and I'm tired of being in love alone. I was his optimistic hippie girl that he couldn't get enough of. Now I'm just his annoyance. So I told him, I finally found the backbone and this is our story.... Chris: My wife just told me she wants a divorce. What the hell do I say to that? I thought we were fine-, well fine is a bad word, I thought we were okay. Doesn't matter what I think because she's moving out and I can't really

let this happen. Yeah, she annoys me, we're total opposites, but I knew that when I met her, she hasn't changed...maybe I have? I was her anchor, her safety, her home. Now I'm that guy that's wrecked her and there are plenty of men willing to repair the damage I did. So I have a plan. Find out what happened to change my affection for her within the last two years, and win her back before someone else does, because I still love her, and she still loves me....I guess....

Confessions of a Foolish Heart takes you through a spectacular, unbelievably heartfelt journey of friendship, love, pain and despair. This book is about the struggles of divorce, especially for Foolish Hearts people who live, love and think with their hearts, who may not be equipped to survive the divorce process. The book comes from the perspective of the authors own story, aligned to the struggles that others could face as they try to survive divorce, and some bits of advice in how to overcome those challenges, and the loving heart that might get in the way. Going through the divorce process is generally not easy for anyone, however, every person is different. It is a difficult process to survive, and the author equips readers with knowledge and skills that will give them strength to come out on the other side of divorce as a new person. A person who can love yourself, even if you didnt find love at the end of your divorce. Confessions of a Foolish Heart also dives into the very real anguish of trying to co-parent through a painful divorce. Although divorce is not the childrens fault, children often get caught in the middle of it. And the author understands that not all parents can choose to amicably co-parent, if the other parent does not have that desire. The author teaches us that there is enough love in the kids hearts to love all their parents, step and bio included, but it is the adults immaturity who make children become precious territory that you have to fight for. So, she will also help you roll up your sleeves and fight if you have to, even if your Foolish Heart doesnt always see the path in doing so. It is amazing what we take for granted and just expect will be there... family, job, friends, home... Through divorce, many of these things can disappear overnight. It can be too much to bare. But you dont have to face it alone, and you are not alone. Through the book, Confessions of a Foolish Heart, the author provides real tools to help you find the strength to make it each day. Equipping you with the ability to not worry about next week, or the week after, but rather, focusing on getting through the day. Taking one day at a time. And then one day, you will be strong, and you will not focus on surviving life, but instead, enjoying it. We often forget how strong we truly are. If you open your heart, your mind, your spirit, you will find strength. Divorce is not the end!

For most people, it is a struggle to learn how to give themselves completely to love. Surprisingly, it is his career as a divorce lawyer where author Adam Scott Jaffe learned there is no half-way effort if relationships are to thrive. He has truly seen behind the curtain. Through his work, he was able to discover a simple yet paramount secret that provides couples the greatest opportunity to follow through on their commitments to each other. Jaffe's revelations in this passionate and sincere novel intend to give a couple the best opportunity to experience the most rewarding and sustainable relationship possible. He focuses on the conscious decision partners in a relationship have to make to succeed. Through intimate and detailed storytelling, Jaffe's main character admits how he was sabotaging his own dreams for happiness. He uses the lessons that he crystallized from his years as a divorce attorney to spur a complete metamorphosis of his character. The ultimate lesson is uncovered: it is never too late to change for love.

Defending Eve is inspired by true events. It is not a self-help book or biography. Rather it is a genuine and heartfelt story that leaves the reader with many valuable lessons intended to better all relationships. It is also unique because such a tender story has its source in a world affected by the acrimony of break up. Ironically, it is only through such a stormy environment that the light shines through. There is truly bounty in such a revelation, and it must be shared.

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.

Imagine being left by the person you love and bouncing back stronger than ever. Written by best-selling authors, Dr. Elaine and Joe Foster, I Wish I Knew This Before My Divorce uses the latest advances in cognitive behavioral treatment to break the struggle between holding on and letting go. In this East-meets-West approach to finding serenity, the authors dissect the causes of your breakup, the myths that block your path to happiness and the steps you need to take to end your suffering. World-renowned clinical psychologist, Elaine Foster, is an expert in the fields of Acceptance and Commitment Therapy (ACT), mood regulating medicines and the treatment of post-traumatic stress disorder. Through her work using the "third-wave" of cognitive behavioral therapy (CBT) she has designed a revolutionary strategy for achieving Radical Acceptance during one of the most devastating events in life. The book uses proven research, easy therapeutic techniques and real-life stories to help the reader find balance in the turbulent waters of a breakup. Mindfulness experts like Jon Kabat Zin (No Matter Where You Go, There You Are), agree that these tested strategies will not only improve your health but also inspire you to thrive in the face of catastrophe. Now, you can use the power of ACT to breakthrough society's do and don'ts and stop should-ing on yourself. During this journey you'll learn: Your ex doesn't belong to you Craving for contact with your partner can keep you stuck in a cycle of vulnerability and powerlessness Your spouse is leaving the relationship, NOT you and what you can do about it A new, blockbuster theory for avoiding the deadly rebound No matter how much heat you're taking for this separation, a breakup is rarely one person's fault. Nothing hurts like being left by the person you thought would always be there for you, but you can learn to ride out the hard feelings by diving into this journey of discovery. By using this couple's 7-day ACTion plan, you will learn how to find peace no matter what direction your relationship takes. Each day of the week will build on the lessons you learned from the last, freeing you from suffering so you can skillfully ride the crests of change to the satisfying life you were always meant to live.

When an adult child's marriage ends, lots of folks are hurt. The divorcing couple, of course, and their children. Until now, however, little attention has been paid to the parents of the divorcees. Temlock's examination of this sensitive topic offers parents a friendly guidebook packed with helpful information and suggestions from parents who've "been there." Her five-stage model of the divorce process for parents (Accepting the News, Rescuing Your Child, Responding to Changes, Stabilizing the Family, Refocusing and

Rebuilding) will help readers stay grounded through the emotional upheavals they'll share with their children and grandchildren. This practical manual puts an arm around the shoulder of parents of divorcing adults and supports them through the difficult days of the divorce process and its aftermath.

Dating. Isn't there a better way? Reorder your romantic life in the light of God's word and find more fulfillment than the dating game could ever give - a life of purposeful singleness.

Nearly one out of every two marriages ends in divorce, but it doesn't have to spell disaster for the kids. With the right guidance and encouragement, they can not only survive divorce but also truly thrive. Here is an honest, positive, and practical book Written by kids for kids, full of the things they really want to know. Fifteen-year-old Zoe and 12-year-old Evan discuss everything from dealing with anger and guilt to adjusting to different bedtimes at different houses. They answer questions from other kids and offer tips based on their own experience. Plus, Zoe's and Evan's mother, a best-selling self-help author, offers a parent's insights.

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 truly sounds like an oxymoron, and it is for many divorced couples and families. But when divorce becomes the final answer, spouses often realize they have not been loved as they wanted and deserved to be, and now they 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. Often the partner who was not the initiator comes to see that their spouse has actually done them a favor. Both come to agree that the marriage was fundamentally unhappy. Let Sharon Gilchrest O'Neil guide 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

When her parents divorce, a sixth grader struggles to understand that sometimes people are unable to live together.

WITH A FEATURETTE, SCENES FROM THE FILM, MOVIE STILLs, AND MORE! IN THEATERS FEBRUARY 5, 2016! Starring Benjamin Walker, Teresa Palmer, Maggie Grace, Alexandra Daddario and Tom Welling #1 New York Times bestseller Nicholas Sparks turns his unrivaled talents to a new tale about love found and lost, and the choices we hope we'll never have to make.

Travis Parker has everything a man could want: a good job, loyal friends, even a waterfront home in small-town North Carolina. In full pursuit of the good life - boating, swimming , and regular barbecues with his good-natured buddies -- he holds the vague conviction that a serious relationship with a woman would only cramp his style. That is, until Gabby Holland moves in next door.

Spanning the eventful years of young love, marriage and family, THE CHOICE ultimately confronts us with the most heartwrenching question of all: how far would you go to keep the hope of love alive?

There are few areas of public policy in the Western world where there is as much turbulence as in family law. Often the disputes are seen in terms of an endless war between the genders. Reviewing developments over the last 30 years in North America, Europe and Australasia, Patrick Parkinson argues that, rather than just being about gender, the conflicts in family law derive from the breakdown of the model on which divorce reform was predicated in the late 1960s and early 1970s. Experience has shown that although marriage may be freely dissoluble, parenthood is not. Dealing with the most difficult issues in family law, this book charts a path for law reform that recognizes that the family endures despite the separation of parents, while allowing room for people to make a fresh start and prioritizing the safety of all concerned when making decisions about parenting after separation.

A brother and sister whose parents are divorced discuss topics relating to this situation, respond to letters from other children, and offer tips based on their experiences, both when they were teenagers and then ten years later as adults.

A young girl tries everything she can think of to keep her parents from getting a divorce, but with the help of her school counselor, she comes to realize that the divorce is not her fault.

No matter what your age, divorce is one of life's greatest challenges. But while your parents, friends, and lawyers may be chock-full of advice, the truth is that young women who divorce today face a brand-new set of issues and possibilities far removed from those of women a generation before. If you're looking for a fresh, empowering, and thoroughly modern guide to starting this new chapter of your life, Not Your Mother's Divorce offers the ultimate roadmap—from wading through legal jargon to getting back into society—as told by your best girlfriends who've been there. Based on the experiences of more than thirty women who divorced in their twenties and thirties without children, Not Your Mother's Divorce offers camaraderie and practical counsel on: Breaking the news to family and friends Coping with sudden singledom—from living arrangements to changing your name Protecting yourself financially and dividing your assets Legalese 101—making the legal process work for you Reentering the dating scene How to handle encounters with your ex Warm and insightful, Not Your Mother's Divorce gives you the tools to find your way through this difficult time—and emerge a stronger, wiser, happier you.

It's never too late to have a good divorce Based on two decades of groundbreaking research, The Good Divorce presents the surprising finding that in more than fifty percent of divorces couples end their marriages, yet preserve their families. Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family--one that spans two households and continues to meet the needs of children. The Good Divorce makes an important contribution to the ongoing "family values" debate by dispelling the myth that divorce inevitability leaves emotionally troubles children in its wake. It is a powerful tonic for the millions of divorcing and long-divorces parents who are tired of hearing only the damage reports. It will make us change the way we think about divorce and the way we divorce, reconfirming our commitment to children and families.

A Divorcee's Empirical (and Slightly Irreverent) "What's Next" Guide to Life after Marriage Just about everything about divorce sucks. It sucks away your time, your money, and occasionally your will to live. We know. We've been there. We've both been divorced and are now remarried . . . to each other. F*ck Divorce is not a book about divorcing (which stinks); it is a book about putting the pieces back together afterward (which doesn't have to). Using the latest scientific research, a bit of tough love, and a highly questionable sense of humor, psychologists and relationship scientists Erica Slotter, PhD, and Patrick Markey, PhD, will teach you how to navigate your post-divorce relationships with yourself, kids, and even your slug-breath ex-spouse. They'll hold your hand as you navigate the complicated, exciting, and sometimes terrifying world of dating and sex as a born-again singleton and be by your side as you (hopefully) find your way to new love. Learn: Self-Care in the Post-Divorce Haze How to Rediscover the Newly Single You The Importance of Being Nice(ish) to Your Ex How to Help Your Kids Through the Sh*tstorm How to Survive the Awkwardness of First Dates . . . Again Navigating Your Newfound Sexy Time Divorce-Proofing: Keeping Marriage 2.0, or 3.0, Together So, welcome to the world of being newly unwed. It's good, bad, and ridiculous, and sometimes your blind date smells like soup. Pull up a chair, pour yourself a drink (or three), and let's do this sh*t.

Divorce does not have to be a bitter ordeal-and no one knows this better than BJ Mann, a leading divorce mediator in Upstate New York. In *A Better, Not Bitter Divorce: The Fair and Affordable Way to End Your Marriage*, BJ brings you the wealth of information she has put to use in her work with thousands of divorcing couples.

"From weeknight dinners and homework sessions with their son to Christmas card photos and vacations, Nikki DeBartolo and Benjamin Heldfond have created a tight-knit, enviable family. They work and play well together, from the smallest daily tasks to the biggest life events, and it only took a divorce to get them there. Though their marriage has been over for nearly a decade, they still share a happy life with each other and their son Asher, along with their new amazing spouses and children. Ben and Nikki had hoped their wedding would start their happily ever after, but seven years, one child, and countless financial and familial entanglements later, their I do-s had turned into We can't-s. Armed with their fierce love for their son and a desire to give him the best, they realized they needed to find an alternative to the seemingly inevitable toxic divorce that loomed over their lives.

In many ways, divorce is a quintessentially personal decision—the choice to leave a marriage that causes harm or feels unfulfilling to the two people involved. But anyone who has gone through a divorce knows the additional public dimensions of breaking up, from intense shame and societal criticism to friends' and relatives' unsolicited advice. In *Intimate Disconnections*, Allison Alexy tells the fascinating story of the changing norms surrounding divorce in Japan in the early 2000s, when sudden demographic and social changes made it a newly visible and viable option. Not only will one of three Japanese marriages today end in divorce, but divorces are suddenly much more likely to be initiated by women who cite new standards for intimacy as their motivation. As people across Japan now consider divorcing their spouses, or work to avoid separation, they face complicated questions about the risks and possibilities marriage brings: How can couples be intimate without becoming suffocatingly close? How should they build loving relationships when older models are no longer feasible? What do you do, both legally and socially, when you just can't take it anymore? Relating the intensely personal stories from people experiencing different stages of divorce, Alexy provides a rich ethnography of Japan while also speaking more broadly to contemporary visions of love and marriage during an era in which neoliberal values are prompting wide-ranging transformations in homes across the globe.

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