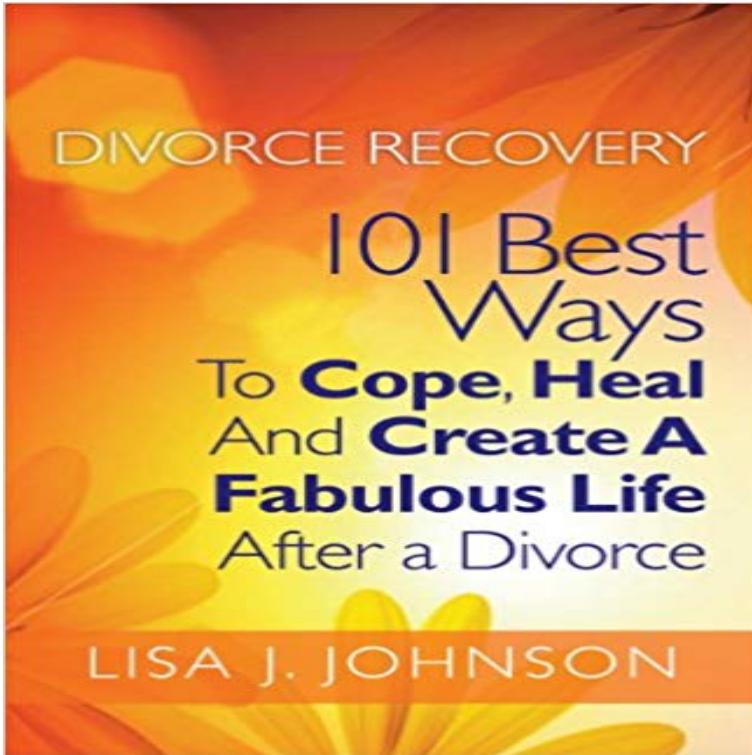


Divorce Recovery: 101 Best Ways To Cope, Heal And Create A Fabulous Life After a Divorce



Dont just survive after your divorce --- WHY NOT THRIVE! Divorce has often been compared to surviving a traumatic event such as a car accident, a tornado, or a death. The Surgeon General reports that somewhere between 30-40% of people going through divorce show signs of depression and/or anxiety. While theres no doubt a divorce is difficult, you can take comfort that these numbers indicate that somewhere between 60-70% of people going through a divorce dont experience depression or anxiety. So how do they handle divorce without getting down? How do they move on? Do they know something others dont? The good news is divorce doesnt have to destroy you, but it can be the experience that reignites your life. Divided into three sections that will help you go through the process: * Coping With Divorce* Healing From Divorce* Creating a Fabulous New Life Every divorce is different, and there is no one divorce recovery plan that fits all. The hope is youll find inspiration in these 101 distinctly different suggestions as you begin your divorce recovery.

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