



Life After Divorce: Create a New Beginning

Sharon Wegscheider-Cruse

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The role divorce plays on emotional stability can be devastating for many men and women—anger, resentment, and a sense of loss often linger well beyond the life and death of the marriage. Since much of the stigma of the past has been lifted, many are discovering that it is easier to work through these negative emotions, turning this life-altering event into a positive one by creating a better, more fulfilling life after divorce.

Whether a marriage was short-term or long-term, the pain felt by the individuals involved in either type is often quite similar after it dissolves. There are also key behaviors and emotions unique to both the individual leaving the relationship as well as the one being left. What both partners have in common, however, is a deep sense of loss. *Life After Divorce, Revised & Updated* guides readers through this confusion, offering tips on how to heal, secrets to dealing with both new and old relationships outside the marriage, how to communicate with children caught in the crossfire, and how to deal with the effects of financial instability in the home.

In this updated and revised edition of the classic book *Life After Divorce*, bestselling author and therapist Sharon Wegscheider-Cruse outlines the most common issues associated with the dissolution of marriages—abuse, addiction, lack of communication, money, career goals, social interests, and cheating are just a few. Readers learn how to navigate the divorce process without the added cost of unwanted attorney fees, the difference between a collaborative and mediation divorce, and how to choose which path is right for them. Also provided are two new chapters, one focusing on adult children whose parents have chosen to divorce later in life and how they can effectively deal with the guilt associated with feeling the pressure to take sides, and the other explains how technology plays a role in the dissolution of marriages.

Wegscheider-Cruse believes that each and every person has the ability to grow from the trauma of divorce, coming out a better, well-rounded individual. Peace, fulfillment, and greater self-esteem are possible after divorce, as is achieving a loving and lasting relationship with a new partner.



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