



## The Divorce Survival Guide: 10 Tips to Help You Get Back on Your Feet (Paperback)

By Richard a Hernandez

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Separation and divorce are emotionally difficult events. Finances, lifestyles, and daily routines change, and emotions run high, especially when kids are involved. Soon reality sets in and suddenly the family realizes that life as they knew it has changed irrevocably. Some men spiral downward and die a slow emotional death and others are able to regain their psychological equilibrium. What can men do to successfully navigate this unsettling time and emerge feeling confident and strong? In his characteristic, no-nonsense approach, Richard Hernandez provides 10 simple tips to help men speed up the healing process and thrive. These tips are based on Richard s personal experiences of surviving two painful divorces, and can help you regain your dignity and self-respect. Today, Richard enjoys a successful career in the Federal Service and a healthy relationship with his daughters.



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