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## The Womans Holistic Guide to Divorce

By Wendi Schuller

Sunstone Press. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. A result of the authors own experience finding her way through a particularly traumatizing divorce, this guide includes the usual self-help aspect as well as stories and advice that other women were willing to share with the author to help any woman sail through a turbulent time. Offering a fresh and uncommon perspective beyond the already long list of books on divorce that focus on getting through a break ups emotional toll or how to deal with children, the books usefulness covers a comprehensive list of solutions to challenges that arise from attorneys offering legal and financial advice to saving on cosmetics and holiday gifts. There is a practical list of household hints as well as methods for helping kids get through such an upsetting period and ways to confront health issues that arise as a result of a stressful time. The author stresses the importance of such a life transition and how this guide can be a safety net providing a myriad of suggestions that help women move from a victim status to regaining their strength of inner peace and wisdom. Every woman who finds...



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