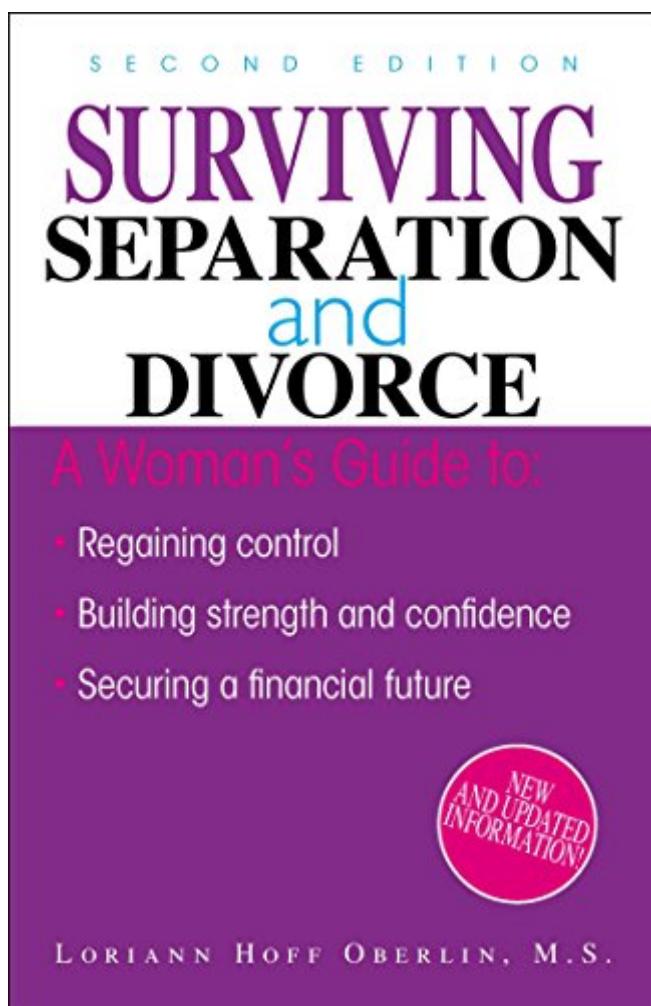


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# Surviving Separation And Divorce: Regaining Control, Building Strength And Confidence, Securing A Financial Future



## **Synopsis**

Reclaim your life and your self! The weeks following your separation may prove to be the most difficult weeks of your life. But with a little help and support, you'll find the strength you need to get through the divorce process and move on. Author Loriann Hoff Oberlin, M.S., understands the rough road to starting over. A survivor herself, she shares her personal experience as well as her professional expertise as she shows you how to rebuild your life, step by step. *Surviving Separation and Divorce*, 2nd Edition provides you with markers for the legally and emotionally taxing journey ahead, including how to:

- Rebuild your self-esteem
- Explore reconciliation--or not
- Help your children get through the transition
- Deal with lawyers and the court system
- Manage money and finances
- Return to and thrive in the workforce
- Develop an active social life
- Consider remarriage

With this completely revised and updated classic at your side, you'll summon your inner strength, let go of the past, and build a better future--starting today.

## **Book Information**

File Size: 886 KB

Print Length: 306 pages

Publisher: Adams Media; 2 edition (April 1, 2005)

Publication Date: April 1, 2005

Sold by: Digital Services LLC

Language: English

ASIN: B001PBSDSO

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #485,920 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

in Kindle Store > Kindle eBooks > Law > Family & Health Law > Divorce & Separation #115

in Books > Law > Family Law > Divorce & Separation #470 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Divorce

## **Customer Reviews**

Had good tips and guidance. Writing was very direct (which is good, but can be hard emotionally). I

had to read it over a few months... and even then I found myself not wanting to follow the advice as quickly as I should have. They are very tough steps to take. But the author knows what she's talking about.

This book is truly in tune with emotions and feelings during this stressful time in your life. This book will inform and educate what you will and should be ready for in the life before you.

Since my granddaughter is getting a divorce, she has decided that she must survive for herself and 2 small sons.

Read this book straight after my husband left and it validated so much. Naturally every situation is different but Lorainn writes with experience and compassion and I really appreciated her practical advice and hugs.

This book has a great deal of valuable information. If you are going through a separation or divorce this is a must read book for you.

I must correct Tim McWeeney who writes that this is a book about taking an ex husband for all he's worth. He DIDN'T READ the book. He couldn't have. It says so right up front in the introduction, and throughout the text. For all I read (and I'm half-way through it, at least), it's a great support for women reeling in shock when separation is forced upon them. And I see in the table of contents there is indeed information about reconciling a marriage as a possible outcome. If you only judge a book by its cover, you're missing out. You won't be disappointed if you read this book, I assure you. I know the author is appearing locally at my nearest bookstore soon. I'm looking forward to learning more.

This book has helped ease the pain of a separation never planned for. A friend in her own troubled marriage agrees after reading several chapters too. Oberlin's style is easy to read, warm and friendly. While she doesn't say it's easy to start over, she's upbeat about the future for those facing a possible divorce or life as a single. And the sense of humor is great -- helps you lighten up when you really need to. Good tips on dating, taking care of yourself and what to look out for. If you're a woman facing separation or divorce, read this book or offer it to a friend who can use it.

You know, when you are alone suddenly and scared, not to mention disillusioned by all you thought you had that really wasn't, it's really comforting to read a book that puts you at ease. That's what I felt reading Ms. Oberlin's book. It was just the right balance of empathy, friendly support, and facts you need to know to make better decisions during this difficult time. The chapter on learning to laugh was very welcome too. I'd recommend for all women facing this and plan to buy one as a gift for a friend I know who is still struggling with a separation and pretty ugly divorce.

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