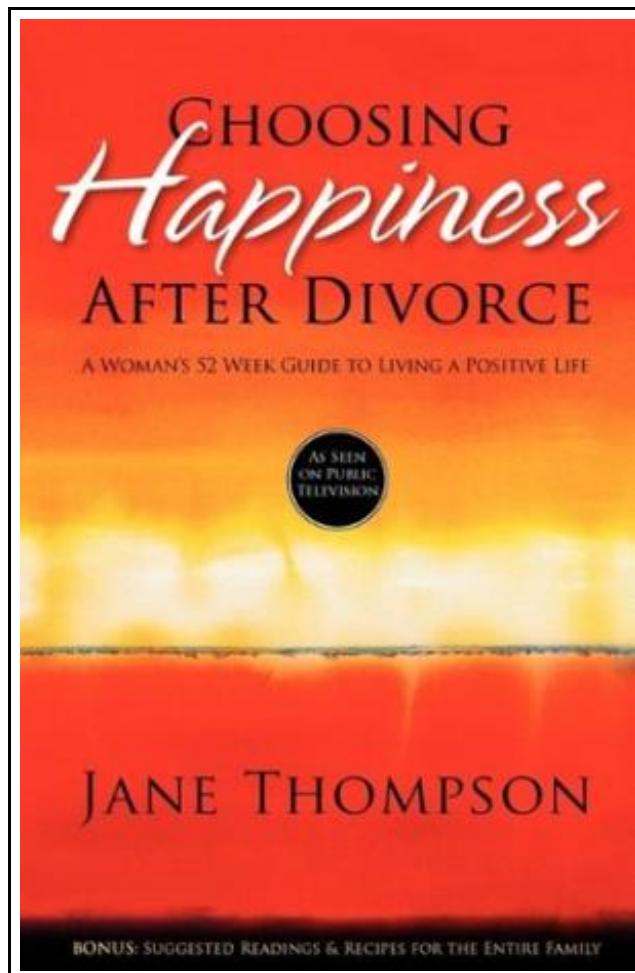


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English Maniac Publishing, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Choosing Happiness After Divorce: A Woman s 52 Week Guide to Living a Positive Life by Jane Thompson: THE handbook for women in the aftermath of divorce, this weekly guide helps women regain their perspective, adjust to a redefined relationship with their ex and includes information on providing children with guidance and support. Each chapter discusses steps for moving forward, making a new life and most importantly, choosing to be happy. Included with each chapter is a guided journal entry, a further reading suggestion and a recipe. Any woman struggling with the fallout of divorce will benefit from the guidance of each weekly reading. The journal writing segment leads the reader into a deeper thought process, encouraging growth in all aspects of daily living. Suggested readings run the gamut of topics from psychology to goal setting to fiction and will provide further study and depth to the weekly message. The bonus in this timely book is the recipe included in each chapter. Creative fun is the key to this element and includes both healthy recipes and old comfort food stand-bys. Since divorce affects over half the population on a personal basis and almost the entire population on an extended basis, there are many people who will be interested in this book, either for themselves, or someone they know who is languishing after divorce. Thompson has been through divorce and understands the pressure, stress and difficulties women face in moving forward. Drawing on her own experience and that of others, her directions for choosing happiness will lead the reader to understand that happiness is a choice and one that she can make regardless of her life circumstances....

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