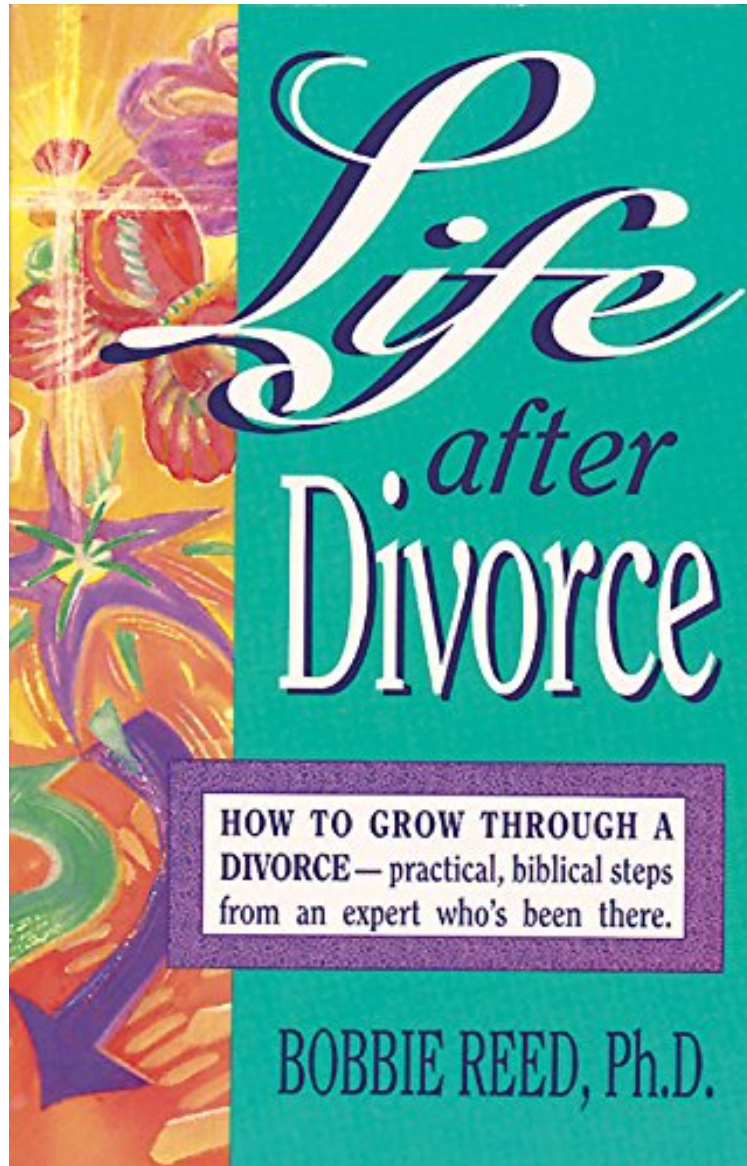


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## Life After Divorce

Von *Bobbie Reed*

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**Von Bobbie Reed : Life After Divorce** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Life After Divorce:

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Great how to cope book for the newly separated or divorced Von Ein Kunde A wonderfully written coping guide written by a woman who has been there. This book takes you step by step through the stages of separation through divorce from a

Christian woman. Many bible passages are quoted with suggested passages for daily repeating. A check guide is provided at the end of each chapter to help bring you, your feelings and your life back into balance. A great read for both men and women.

KurzbeschreibungAs you follow the steps in this practical handbook and trust God for a new beginning, you can move intoLife after Divorce.As a means of recovery, you willstart a personal journal as you respond to insightful "reflection" questions;learn to affirm yourself daily--several times a day if you need to;learn to identify destructive thought patterns and turn them into constructive ones;learn to recognize, resolve, and redirect your anger;learn to protect your children from fallout;help your children cope;rebuild and reclaim your world;forgive your spouse and yourself;laugh again;love again;set goals and keep going.The foundation for this book is biblical. The steps are practical. And the life-changing results are inevitable.