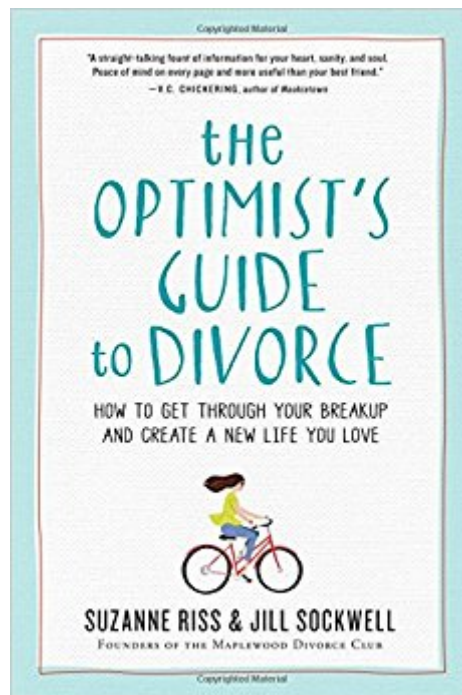




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# The Optimist's Guide To Divorce: How To Get Through Your Breakup And Create A New Life You Love



## Synopsis

For the more than one million women who get divorced each year, welcome to your support group. Wise, comforting, and uplifting, *The Optimist's Guide to Divorce* captures the experience of sisterhood through the voices of its authors and their community of women in the Maplewood Divorce Club—women who understand what you're going through, who know the practical issues as well as the emotional ones, and who can help you keep a sense of hope and a sense of humor. Brimming with stories and insights, valuable resources and smart strategies, in-the-trenches tips and sanity-saving takeaways, this book prepares you for each phase of divorce, from having the talk, to breaking the news to family and friends, to figuring out where to live, to co-parenting with an ex, to rebounding and rebooting your life. It's divided into three sections that cover the process from start to finish—Deal, Heal, and Reveal—and make it easy to jump in wherever you are in your journey. And even better, to make the choices that will help you develop a better relationship with the one person you'll be with for the rest of your life—yourself. *Â*

## Book Information

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## Customer Reviews

“A valuable resource for recently divorced women who need to get back on track.” —Library Journal, starred review “The overall effect is a chorus of relatable, emotional, and true-feeling stories about the many facets of divorce that will have newly single advice-seekers feeling less alone and more sure they'll get through it, too.” —Booklist “The warm and empowering tone of this book will convince readers that there's life on the other side of a painful divorce.” —Publishers Weekly “*The Optimist's Guide to Divorce* is a straight-talking fount of

information for your heart, sanity, and soul during the horrendous slog of divorce. It's the book (and club) I wish I'd had "peace of mind on every page and more useful than your best friend."

• "V.C. Chickering, author of Nookietown "This is not just a book about how to survive the vicissitudes of a divorce; it's about how to create a better life. Coming out whole on the other side of even the most devastating divorce is more than possible" if you read this book, it's a sure thing. Riss and Sockwell don't just point the way, they take you by the hand and make the journey with you. This really is a guide to a new life "to a new you" so enjoy the journey with two very wise guides."

• "Dennis Merritt Jones, author of The Art of Uncertainty: How to Live in the Mystery of Life and Love It and Your (Re)Defining Moments: Becoming Who You Were Born to Be "Like having a heart-to-heart with a compassionate, no-nonsense best friend. It's chock-full of wisdom, practical advice, encouragement, and what every woman in the midst of a divorce needs the most: hope."

• "Cynthia L. Copeland, author of Good Riddance: An Illustrated Memoir of Divorce "An excellent, easy-to-read tour of the twisting roads you'll need to travel to get through a difficult divorce in the best shape. Full of practical, compassionate, sometimes humorous, always wise advice from the women of the Maplewood Divorce Club."

• "Lawrence Birnbach, PhD, author of How to Know If It's Time to Go: A 10-Step Reality Test for Your Marriage "A clever guide for those navigating through the nightmare of divorce. A must-read filled with great stories, tips, and humor, as well as many different points of view."

• "Jodi Topitz, author of Seriously! As If Going Through a Divorce Wasn't Bad Enough...

SUZANNE RISS is an award-winning writer, former editor in chief of Working Mother magazine, and author of Working Mom Survival Guide. She lives in Maplewood, N.J., with her 11-year-old son JILL. SOCKWELL is a former advertising copywriter, top real estate sales agent, leader of the Maplewood Divorce Club, and lifelong optimist. She lives in Maplewood, N.J., with her 9- and 11-year-old daughters.

Divorce can be one of the most isolating experiences that anyone goes through- in large part because it is often not discussed enough because there can be so much shame that goes along with this process. This book is a lifesaver because it helps people understand that they are not alone in their experience- everyone's situation is very different, but there are other peoples' experience that we can learn from that this book does just that! It helped me to feel not as alone, it gave me really practical advice and it made me laugh my ass off! I not only loved reading this book but I also learned a tremendous amount from it - and found it to be truly soul nourishing.

I'm going through a divorce, and as a friend of a friend of one of the authors, I was curious and bought a copy (I wasn't asked to write a review). While I bought this book presuming it was really written for women going through a divorce, I was so surprised that I couldn't put it down! It flows really well and is ridiculously informative. Any men (or women, of course) going through this challenging process won't be disappointed. So easy to read.

I have been married for 45 years and my parents were married until they passed away. But, my daughter is divorced. So, I really hadn't had first hand experience with it. This book was insightful to me because it gave me more of an understanding regarding what she went through as she struggled to create a new life for herself and her children following her divorce. And for anyone considering getting a divorce, it's eye-opening. This book gives detailed information regarding the real life consequences of that decision. Actually, I think for someone who may have been in several failed relationships, this book helps you to be more introspective regarding yourself, your feelings, and your partnership goals.

Great book about a not-so-great subject. Gives solid, helpful information/tips but also an easy read. I skipped around and read the chapters that I felt were relevant to me and then read the entire book all the way through. As one of the only people I know going through this, I am so grateful to have found this book!

While searching for guidance to get me through my divorce, I had the good fortune of discovering this comforting and uplifting book. The authors, Jill and Suzanne are the best girlfriends any divorcée could have. Unlike other divorce books that I looked at, this wonderful guide accompanied me through all aspects of the divorce while making me feel that I was in the company of friends. I identified with the many women's stories, sometimes heartbreaking, sometimes hilarious. I have given this book to three women I know who are going through bad breakups and they all thanked me for it!

This is a must read for anyone going through a divorce! It's informative, funny, realistic and full of insight!

When you start a divorce it can feel lonely and hard to navigate both legally and personally. This

book is full of old friends you just met helping you based on their experience. Use it as a way to find your way to the other side.

WORTH IT. This book is the morale booster I needed. I think it's a good read for anyone who's married, divorced or hopes to be in a healthy relationship one day.

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