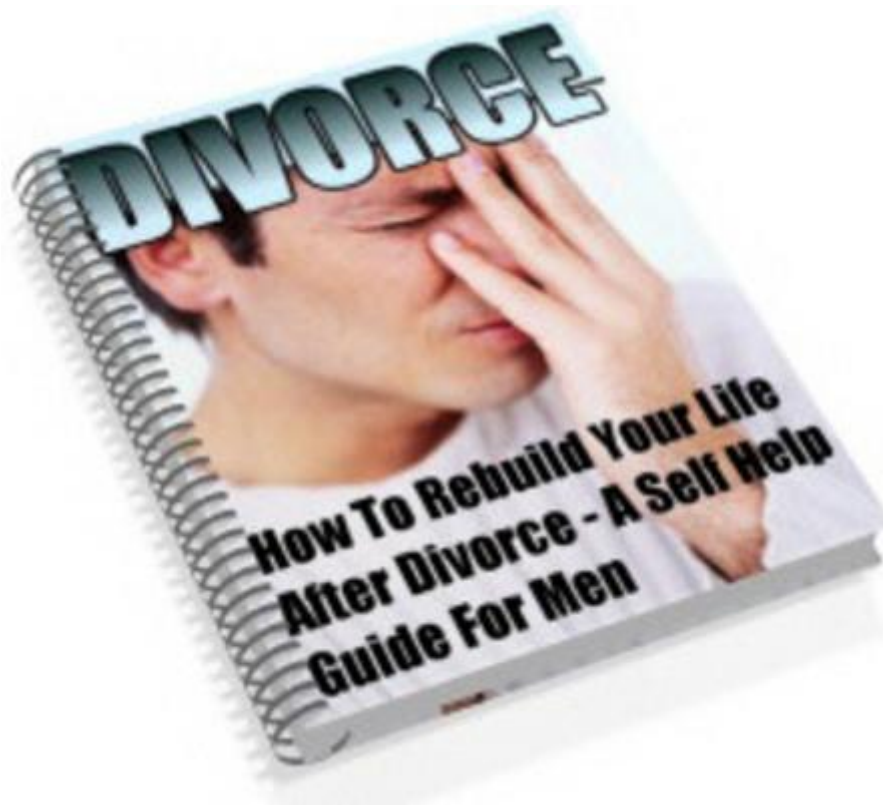


## A Guide To Divorce For Men



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There is no greater emotional pain that can be inflicted on someone than the announcement by your partner that they want a divorce. Even if both of you have "seen it coming" for some time, and the idea of it comes as no big surprise, the actual words still hit like a bomb exploding in head. It's really over . . . .

When it's "out-in-the-open" that the person you held hands with so many years ago, and promised to love - honor - and obey - to be supportive of, to stand beside in good times and bad -through sickness and health - for richer or poorer - no longer wants you or your love. You have been rejected, and it's just about the most damaging thing you'll ever face in your lifetime. If you're at this point in your life right now - help is at hand. Whatever your circumstances, it is of the utmost importance that when the pain of divorce descends upon you, you realize that you can recover -that you will recover - and that this is in reality, however bad it may seem right now, is an opportunity for you to attain real and total happiness. Our self help guides for men and women explore with you your current feelings and help you work your way through the gloom into the light at the other side of the tunnel. You'll read about the basic steps required in recovering from divorce, how to accept your circumstances, recover from the hurt and grow as a

person. You'll discover how to win back your self esteem after divorce, how to just let go of the guilt and depression and start your journey to a better life.

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