



The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce

Tom O'Stasik Jr.

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Original Price \$19.99 - discounted to \$4.99

Not sure where to begin down this divorce path?

Not sure what to expect?

How do you do right by your kids?

What do I need to do to be prepared physically, mentally, and emotionally?

How long until I feel normal again and how can I make that happen sooner?

What can I do to cope better?

How can I heal faster and feel normal again?

This is not another book written by a lawyer, there are plenty of those. This book has been written by a man standing in your shoes, but armed with life coaching skills.

Going through a divorce is a large milestone moment for men that experience it. For me, it felt as if I had died and been reborn. My life had gone through a wood chipper and it had spit me out on the other side. There were things about divorce I was totally naive about; and things that nothing other than experience could have prepared me for. I will be sharing personal stories and insights as well as stories and insights from friends, associates, and clients. My goal is to inform you on things you may not have considered, prepare you for what may be coming, and help you to recreate an improved version of yourself for having gone through this experience.

Today, I am a better man, a better father, and a better coach after having gone through this; and I believe with a good support system you have the opportunity to be better off as well.

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Daniel Trimble:

Now a day those who Living in the era just where everything reachable by connect to the internet and the resources inside it can be true or not call for people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the solution is reading a book. Examining a book can help men and women out of this uncertainty Information specially this The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce book because book offers you rich details and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it you know.

Ruby Chartrand:

Information is provisions for anyone to get better life, information these days can get by anyone at everywhere. The information can be a information or any news even a concern. What people must be consider whenever those information which is within the former life are difficult to be find than now could be taking seriously which one works to believe or which one the resource are convinced. If you have the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All of those possibilities will not happen within you if you take The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce as your daily resource information.

Bessie Starns:

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James Rohrbach:

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