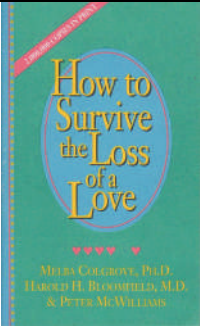
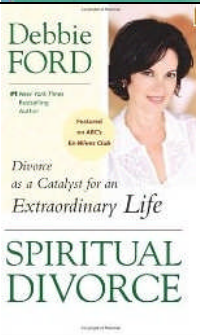
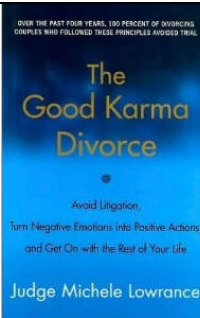
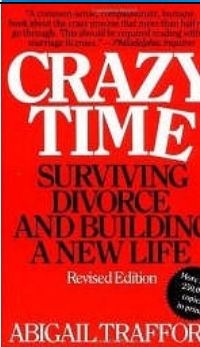
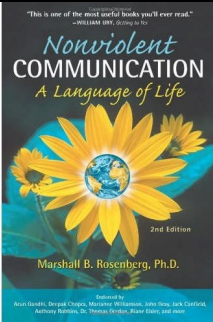
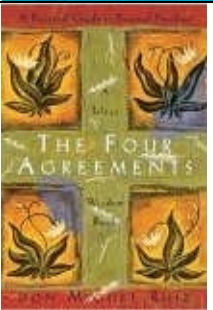
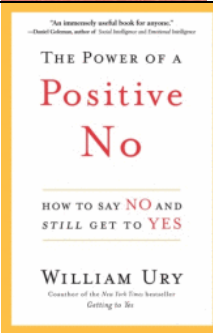


Suggested Readings

You have lots of work to do in connection with your divorce. Sometimes the people you turn to for support will give you suggestions instead. Unfortunately, the decisions you need to make don't concern or impact them and so their suggestions aren't always helpful. In working with your divorce the most important work you do will involve only you. Here's some reading that might help you strengthen your inner self and to get from your friends and family what you actually need from them.

<p><u>How to Survive the Loss of a Love</u> by Colegrove, Bloomfield & McWilliams</p>		<p>Sometimes it's all about the head...sometimes it's all in the heart. This book pairs bullet points and poetry. Sometimes you'll read the left page, sometimes the right, or both. But it's a good one to reach for in a 'right now' need.</p>
<p><u>Spiritual Divorce</u> by Debbie Ford</p>		<p>Your divorce may not feel particularly 'spiritual' at times...or ever. But Ms. Ford does a marvelous job of helping keep focus on the future. She reminds that you will come through this and that how well you do, is up to you.</p>
<p><u>The Good Karma Divorce</u> by Judge Michelle Lowrance</p>		<p>This currently active Divorce Judge shares her experience as a witness to and participant in divorce. She offers solid thoughts, not on 'how to win' in the courts, but on recognizing that how you treat your divorce determines how it treats you.</p>
<p><u>Crazy Time</u> by Abigail Trafford</p>		<p>This is a classic. It shares the stories of people at various places through and beyond the divorce process. What's really nice about it is that unlike your divorced friends who want to 'share', you can pretty easily close the book...even throw it against the wall if you need to for a time.</p>

<p><u>Nonviolent Communication</u> by Marshall Rosenberg, PhD</p>		<p>NVC is a marvelous tool for communication. The lessons and exercises in this book will help you not only with your Greek Chorus, but with your spouse, your professionals and in your life after divorce.</p>
<p><u>The Four Agreements</u> by Don Miguel Ruiz</p>		<p>This one is really all about it. In fact, that's the message. That so much of what you react to really isn't about what was done or said, but instead comes from within. This is one for building your inner strength for the process and beyond.</p>
<p><u>The Power of a Positive No</u> by Robert Ury</p>		<p>Mr. Ury declares that he considers this work to be "a much needed foundation for" his earlier books <i>Getting to Yes</i> and his <i>Getting Past No</i>. Not simply in negotiations, but as a life skill. Whether and how we are able to say 'No' to others has a large impact on the quality of our lives.</p>