



The Woman's Holistic Guide to Divorce

Wendi Schuller

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The Woman's Holistic Guide to Divorce Wendi Schuller

A result of the author's own experience finding her way through a particularly traumatizing divorce, this guide includes the usual self-help aspect as well as stories and advice that other women were willing to share with the author to help any woman sail through a turbulent time. Offering a fresh and uncommon perspective beyond the already long list of books on divorce that focus on getting through a break up's emotional toll or how to deal with children, the book's usefulness covers a comprehensive list of solutions to challenges that arise from attorneys offering legal and financial advice to saving on cosmetics and holiday gifts. There is a practical list of household hints as well as methods for helping kids get through such an upsetting period and ways to confront health issues that arise as a result of a stressful time. The author stresses the importance of such a life transition and how this guide can be a safety net providing a myriad of suggestions that help women move from a victim status to regaining their strength of inner peace and wisdom. Every woman who finds herself in the middle of a break up will find this the ideal all-inclusive companion for moving on.

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