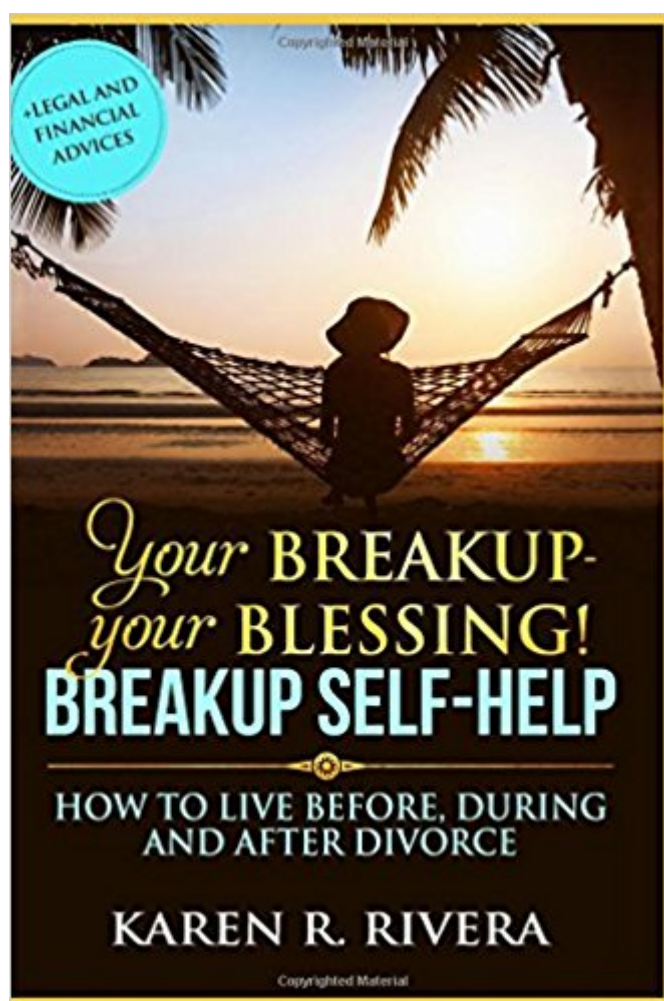


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# Your Breakup - Your Blessing. Breakup Self-Help: How To Live Before, During And After Divorce - Legal And Financial Advices



## Synopsis

SPECIAL DISCOUNT PRICING: \$9.65! Regularly priced: \$12.99 \$14.99. Get this Amazing #1 Top Release - Great Deal! Fear, despair, dismay, frustration, sadness and even anger is not the whole list of "splendid" emotions that accompany a person through divorce with the one, who has been your kindred spirit for a great while. It seems that you will never manage to mend a huge hole and void in the soul. It seems that your life is over, but you should come to the brink of hopelessness to get a second chance. "You are no longer by my side" sounds like a cry in the night desert, dull and unanswered. Some people hide their internal insanity behind a meaningless smile and affirmation "I'm fine", others seek consolation in alcohol or lose themselves in their work. It does not matter which way you choose, you should understand that everyone in this situation needs help. You may ask: Will this book improve my state of mind and cure my soul wounds? The answer is simple: No, it won't. Perhaps, this book could help solve all the domestic problems related to divorce? The answer is also simple and short: No, it couldn't. So you may ask: Why do I need it and who can help me? The answer is too easy again: Only you can help yourself, and the book will give you hints on arranging things in your mind and life. Thus, the book helps to puzzle out: emotional stages of divorce; consequences of divorce, but most importantly, unlike many other books on divorce, it practically helps get ready for this difficult stage from making the decision to the legal protection of your children and finances. The author gives tips on how to build confidence after the break and even illustrate why your next relationship will be successful and happy! Do not delay your healing until tomorrow get the Divorce book and start your new life today! Make sure divorce can really be a blessing!

## Book Information

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## Customer Reviews

Karen R. Rivera is psychologist not only by profession but also calling in life. After graduating from Yale University, she started private consulting activities in this area. Every day she is listening to dozens of people who can not cope with life's problems: a death of loved ones, moving, problems at work, self-doubt, frustration between parents and children. But the most often she had to work with people who have become or just going to take the path of divorce. Karen has psychological techniques to help cope with this situation for every person. She convinced herself that nothing like this can happen to her perfect marriage. But the fate prepared another plan for her: even such a qualified psychologist had to face such a terrible word as divorce. Anyone who goes on this path understands the fear and oppression that you feel. But the author managed to cope with divorce and start a new life.

I'm just about to start the divorce procedure and thought i better do some research, this book has helped me greatly. It gave me words to put to the feelings I was experiencing. It also gave me encouragement as I worked through the process of healing. I feel very grateful to the author for this resource. This book helped me realize sometimes life knocks us down hard. The emotions, thoughts and feeling helplessness that we feel is normal in this kind of situation and its fine

This book serves as a map for your most intimate relationships. It will help you better understand your partner's behaviors, in identifying when your relationship is becoming corrosive to your well being, and in providing you with great advice in how to overcome an emotionally difficult breakup.

This book is inspirational and will help you open your mind to cope up from a broken relationship that you can never bring back. You get hurt with the memories that you've shared with that person. Moving on is not easy but the first thing that you should do in order for you to get over from a break up is by letting go. Letting go of the feelings that will make you hurt and letting go of the memories. Some people hide their internal insanity behind a meaningless smile and affirmation " I am fine", others seek consolation in alcohol or lose themselves in their work. It does not matter which way you choose, you should understand that everyone in this situation needs help. Step by step with the help of this book will surely make you move on without noticing the fast changes.

A few days ago I received an email to review a new book: *Your Breakup, Your Blessing: Breakup Self-Help* by Karen R. Rivera. This is a self-help book for women going through a divorce. On , I gave it 4 out of 5 stars. It is very straight forward and offers some good advice and insights. However, I find that most of the info in the book can be found by just using Google, where there are thousands of articles written about this subject. I, myself, have written lots of posts on my blog on dealing with a breakup. With self-help books like these, on relationship advices, I find that most women are seeking answers to questions that their common senses already are telling them - but breakups, especially a divorce situation, is hard to deal with, sometimes you just need to hear it from someone else instead. The main criticism I have on this book is that it starts off its first chapter with different types of abuses in relationships. I don't think this is a good self-help book for general breakups or divorces, automatically assuming that relationships are always caused by some sort of an abusive relationship. Like most self-help books, this one is targeted towards a female demographic, but I think it is best suited for someone in a relationship like Kourtney Kardashian, dealing with an alcoholic womanizing baby daddy relationship or Nicole Simpson, who was actually in a physically abusive relationship. Thank you to the author for the opportunity to review her book, and I wish her lots of success with it.

Going through a break up or divorce is complicated and there are tons of books about the subject. For me personally, I felt this book was not really my cup of tea. There are a lot of opinions in here to think about. I think it would have added to the content to have statistics or things of that nature for the writer to further back up her opinions. In the beginning of this book it waivers from being somewhat gender neutral to clearly coming out as a book for Women going through a divorce from a Man. Please keep this in mind if you are looking to purchase this book. Overall I think this is a good book for someone starting the process with no experience in the matter and like I said above it gives you a few things to consider. I most likely would not recommend this book to family or friends as it is mostly opinion based. I was supplied this book to give an honest and unbiased review.

*Your Breakup- Your Blessing*. By Karen R. Rivera I just finished reading this great book and guide to a Breakup, and divorce. I wish I had had this book when I was getting mine, many years ago. Everything is straight on and concise. A must read for all those who are on the way to that breakup and divorce. One by one, each problem is shown and suggestions are given for resolution of those problems. A must have to help you on your way to a blessed life without that "problem".

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