



Life After Divorce

Bobbie Reed

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As you follow the steps in this practical handbook and trust God for a new beginning, you can move into *Life after Divorce*.

As a means of recovery, you will

- start a personal journal as you respond to insightful "reflection" questions;
- learn to affirm yourself daily--several times a day if you need to;
- learn to identify destructive thought patterns and turn them into constructive ones;
- learn to recognize, resolve, and redirect your anger;
- learn to protect your children from fallout;
- help your children cope;
- rebuild and reclaim your world;
- forgive your spouse and yourself;
- laugh again;
- love again;
- set goals and keep going.

The foundation for this book is biblical. The steps are practical. And the life-changing results are inevitable.

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