



# Mostly Happy: A Stay-at-Home Mom's Journey Through Divorce

*Elif Ekin*

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## **Mostly Happy: A Stay-at-Home Mom's Journey Through Divorce** Elif Ekin

For Elif Ekin, entertaining the idea of a divorce was intimidating. There were questions of money, custody, and living arrangements. But she really wanted to regain control of her life. So, after ten years of marriage, and with her four-year-old little girl, Elif made the difficult decision to file for divorce - a scary proposition for a stay-at-home mom. In this memoir, Elif chronicles her journey through this deeply emotional process, in which she had so much to lose and yet so much to gain. Mostly Happy shares a brutally honest account of her experiences through the ups and downs and through all of the difficult situations and decisions. It narrates her proactive approach seeking therapy, doing extensive reading, and finding her center. Mostly Happy follows Elif as she acknowledges her emotions and rediscovers herself while moving through the legal process and finding a state of peace and contentment on the other side.

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