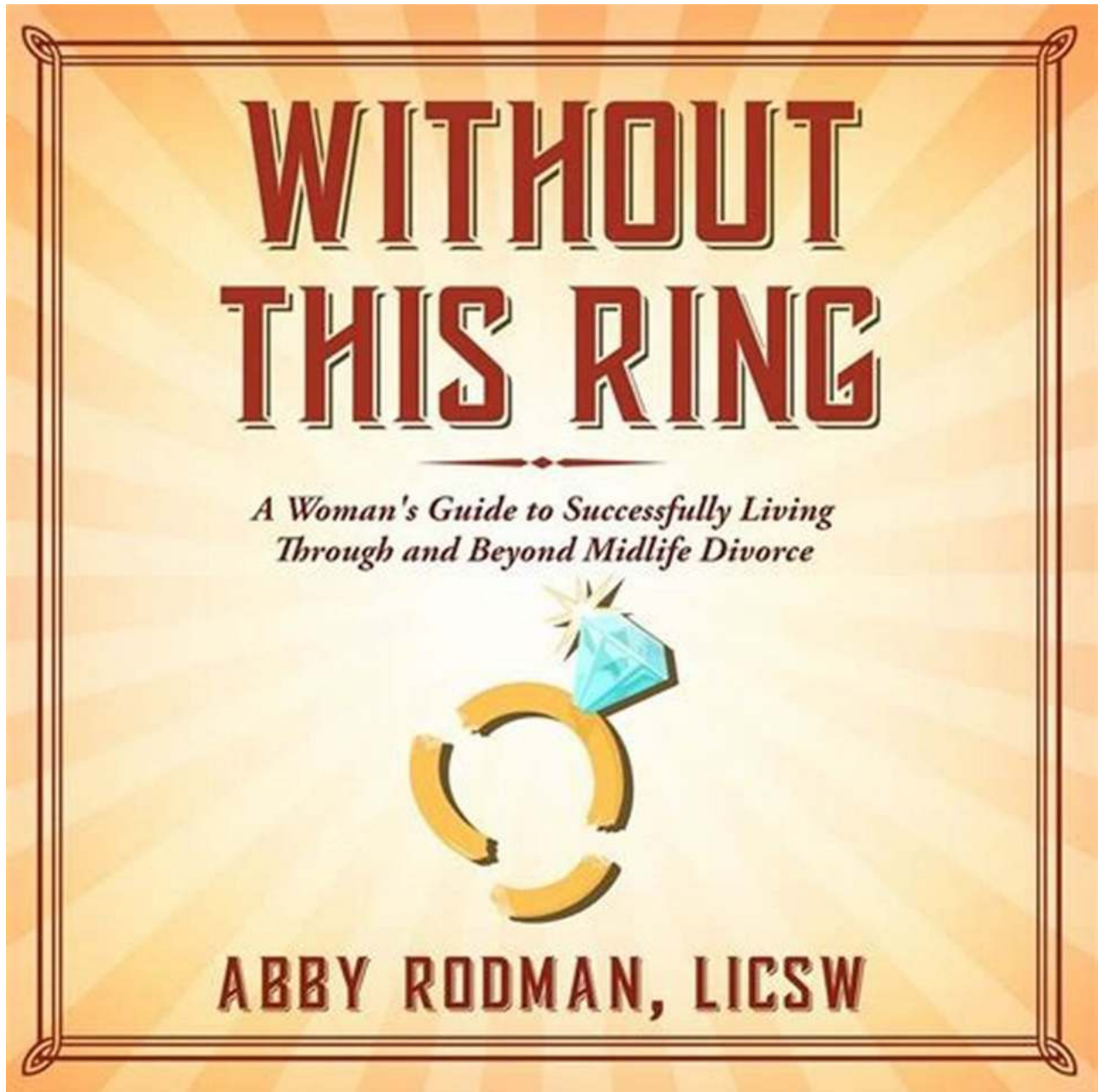


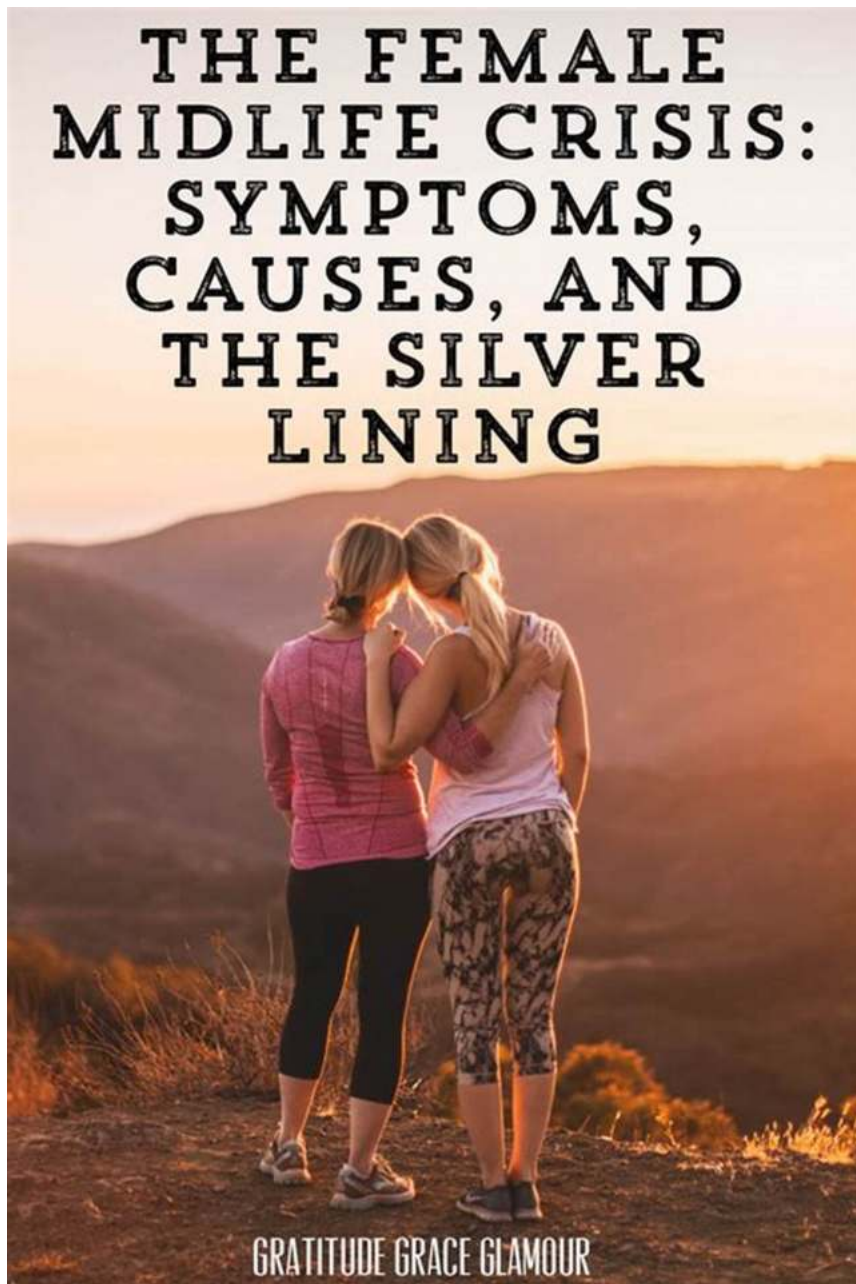
Woman Guide To Successfully Living Through And Beyond Midlife Divorce



The Journey of Midlife Divorce

Divorce is an incredibly challenging experience, and when it happens during midlife, it can feel even more overwhelming. The unique circumstances,

emotional rollercoaster, and uncertainty make it essential for women to have a guide to navigate this journey successfully.



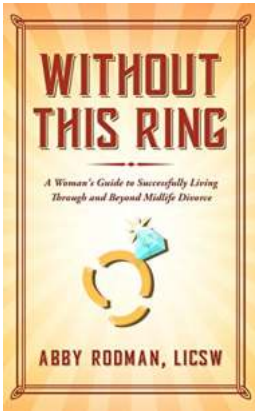
**Without This Ring: A Woman's Guide to
Successfully Living Through and Beyond Midlife**

Divorce by Abby Rodman (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 1045 KB



Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 294 pages

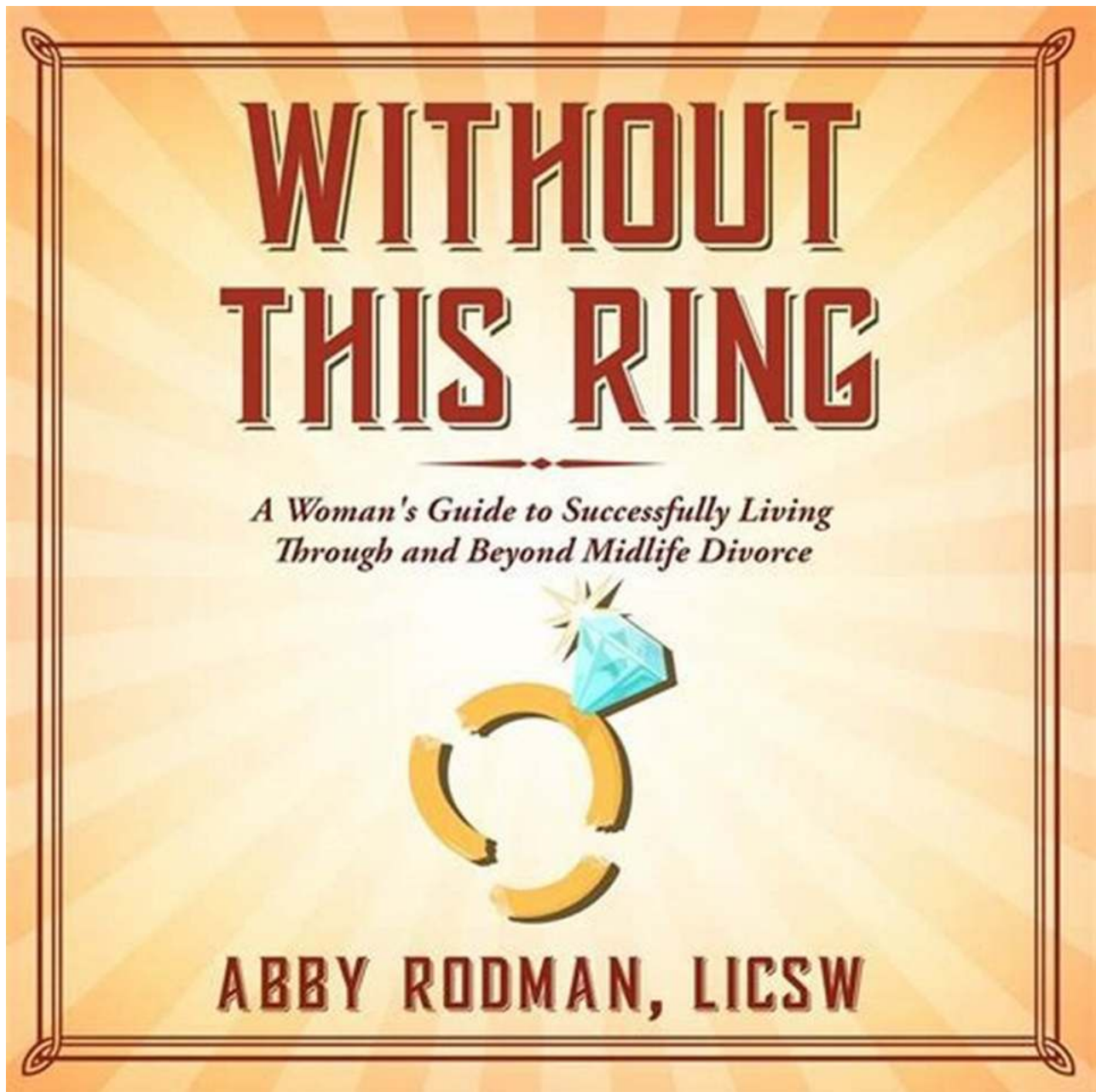


Understanding and Accepting Your Emotions

The first step in living through midlife divorce is understanding and accepting your emotions. From sadness and anger to confusion and relief, it's crucial to acknowledge these feelings in order to move forward. Seeking support from friends, family, or a therapist can be immensely helpful during this process.

Rebuilding Your Identity

Going through a divorce at any age can lead to a sense of loss of identity. This is especially true during midlife, when many women have dedicated much of their lives to their marriage and family. It's important to take the time to rediscover yourself and invest in your own personal growth and self-care.



Building a Support Network

During midlife divorce, having a strong support network is crucial. Surround yourself with friends and loved ones who can provide emotional support, offer a listening ear, and provide guidance. Additionally, joining support groups specifically for women going through divorce can be highly beneficial.

Financial Planning and Independence

After divorce, financial planning becomes a critical aspect of living through and beyond midlife divorce successfully. Understanding your financial situation, creating a budget, and developing a plan for financial independence are essential steps. Consider consulting a financial advisor to help you navigate this process.



Embracing New Beginnings

Moving forward after divorce requires embracing new beginnings. This may involve exploring new hobbies, pursuing career opportunities, or even starting new relationships. Embracing change and remaining open-minded can lead to fulfilling experiences and personal growth.

Self-Reflection and Healing

Healing from divorce takes time, and it's essential to practice self-reflection and self-care. Take the opportunity to understand the lessons learned from the

divorce, forgive yourself and your ex-spouse, and focus on your personal healing journey. This will allow you to move forward with a renewed sense of purpose and happiness.

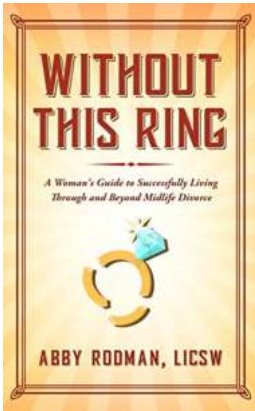


Living through and beyond midlife divorce may be challenging, but with the right guide and mindset, it can also be a transformative experience. By acknowledging your emotions, rebuilding your identity, building a support network, planning your finances, embracing new beginnings, and practicing self-reflection and healing, you can successfully navigate this chapter of your life and come out stronger than ever.

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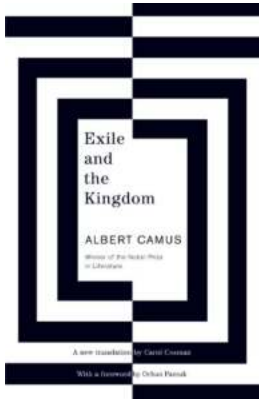


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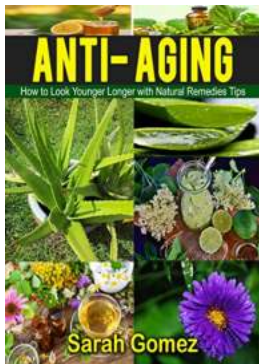
***Note to Audiobook Listeners: I heard you! So, I'm happy to introduce a new and improved audiobook version of Without This Ring for 2020. Now professionally recorded and edited, this "facelift-ed" version includes even more information, advice, and practical tips for surviving (and thriving) through midlife divorce. Thank you for listening.

Midlife divorce is skyrocketing and women are initiating divorce in higher numbers than ever before in history. Psychotherapist Abby Rodman surveyed hundreds of women who divorced in midlife to find out the whys, whats, and hows of their experiences. Packed with personal stories, fascinating statistics, helpful checklists, expert advice, and practical tips, Without This Ring is a necessary and critical read at any stage of midlife divorce — whether you're just starting to consider it or you've already come out the other side. Abby Rodman is a recognized relationship specialist, author and speaker, noted for her focus on midlife dating, marriage and divorce. Abby is regularly sought out by print, broadcast, and online media outlets for her expertise. She has also successfully lived through and beyond her own midlife divorce.



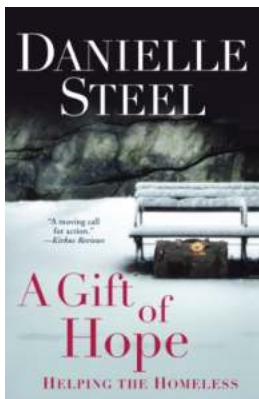
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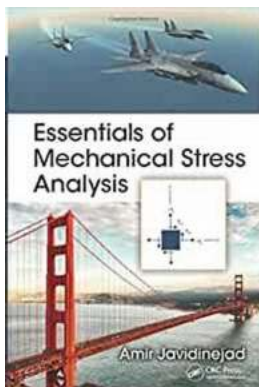
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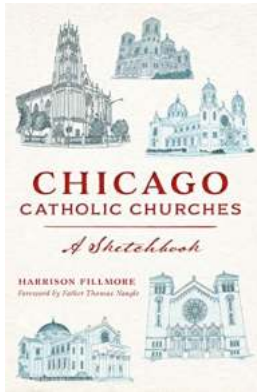
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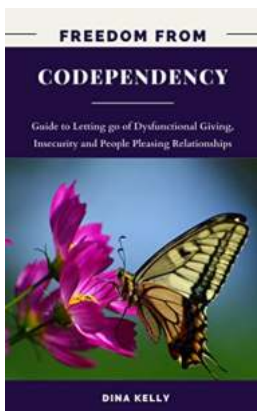
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