



# Storms Can't Hurt the Sky: A Buddhist Path Through Divorce

*Gabriel Cohen*

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## **Storms Can't Hurt the Sky: A Buddhist Path Through Divorce** Gabriel Cohen

Buddhism has been applied to everything from parenting to golf, but until now no one has offered Buddhist principles as a healing path through divorce. In *Storms Can't Hurt the Sky*, Gabriel Cohen bravely delves into his personal experience-along with insights from Buddhist masters, parables, humor, social science studies, and interviews with other divorcés-to provide a practical and very helpful guide to surviving the pain of any break-up. Focusing on the emotions most common in the dissolution of a relationship-anger, resentment, loss, and grief-*Storms Can't Hurt the Sky* shows how thinking about these feelings in surprisingly different ways can lead to a radically better experience. This compulsively readable book offers sound advice and much-needed empathy for anyone dealing with a break-up.

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