



The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce

Tom O'Stasik Jr.

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Original Price \$19.99 - discounted to \$4.99

Not sure where to begin down this divorce path?

Not sure what to expect?

How do you do right by your kids?

What do I need to do to be prepared physically, mentally, and emotionally?

How long until I feel normal again and how can I make that happen sooner?

What can I do to cope better?

How can I heal faster and feel normal again?

This is not another book written by a lawyer, there are plenty of those. This book has been written by a man standing in your shoes, but armed with life coaching skills.

Going through a divorce is a large milestone moment for men that experience it. For me, it felt as if I had died and been reborn. My life had gone through a wood chipper and it had spit me out on the other side. There were things about divorce I was totally naive about; and things that nothing other than experience could have prepared me for. I will be sharing personal stories and insights as well as stories and insights from friends, associates, and clients. My goal is to inform you on things you may not have considered, prepare you for what may be coming, and help you to recreate an improved version of yourself for having gone through this experience.

Today, I am a better man, a better father, and a better coach after having gone through this; and I believe with a good support system you have the opportunity to be better off as well.

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Belia Gillespie:

Book is to be different per grade. Book for children till adult are different content. We all know that that book is very important for us. The book The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce has been making you to know about other expertise and of course you can take more information. It is rather advantages for you. The e-book The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce is not only giving you considerably more new information but also being your friend when you truly feel bored. You can spend your own spend time to read your e-book. Try to make relationship together with the book The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce. You never experience lose out for everything should you read some books.

Brad Marcum:

Does one one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you never know the inside because don't evaluate book by its protect may doesn't work this is difficult job because you are frightened that the inside maybe not because fantastic as in the outside appear likes. Maybe you answer might be The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce why because the fantastic cover that make you consider concerning the content will not disappoint you. The inside or content will be fantastic as the outside or perhaps cover. Your reading sixth sense will directly make suggestions to pick up this book.

Steven Simon:

Are you kind of busy person, only have 10 or maybe 15 minute in your day to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are receiving problem with the book than can satisfy your limited time to read it because this all time you only find reserve that need more time to be read. The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce can be your answer since it can be read by anyone who have those short extra time problems.

Brenda Cornell:

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