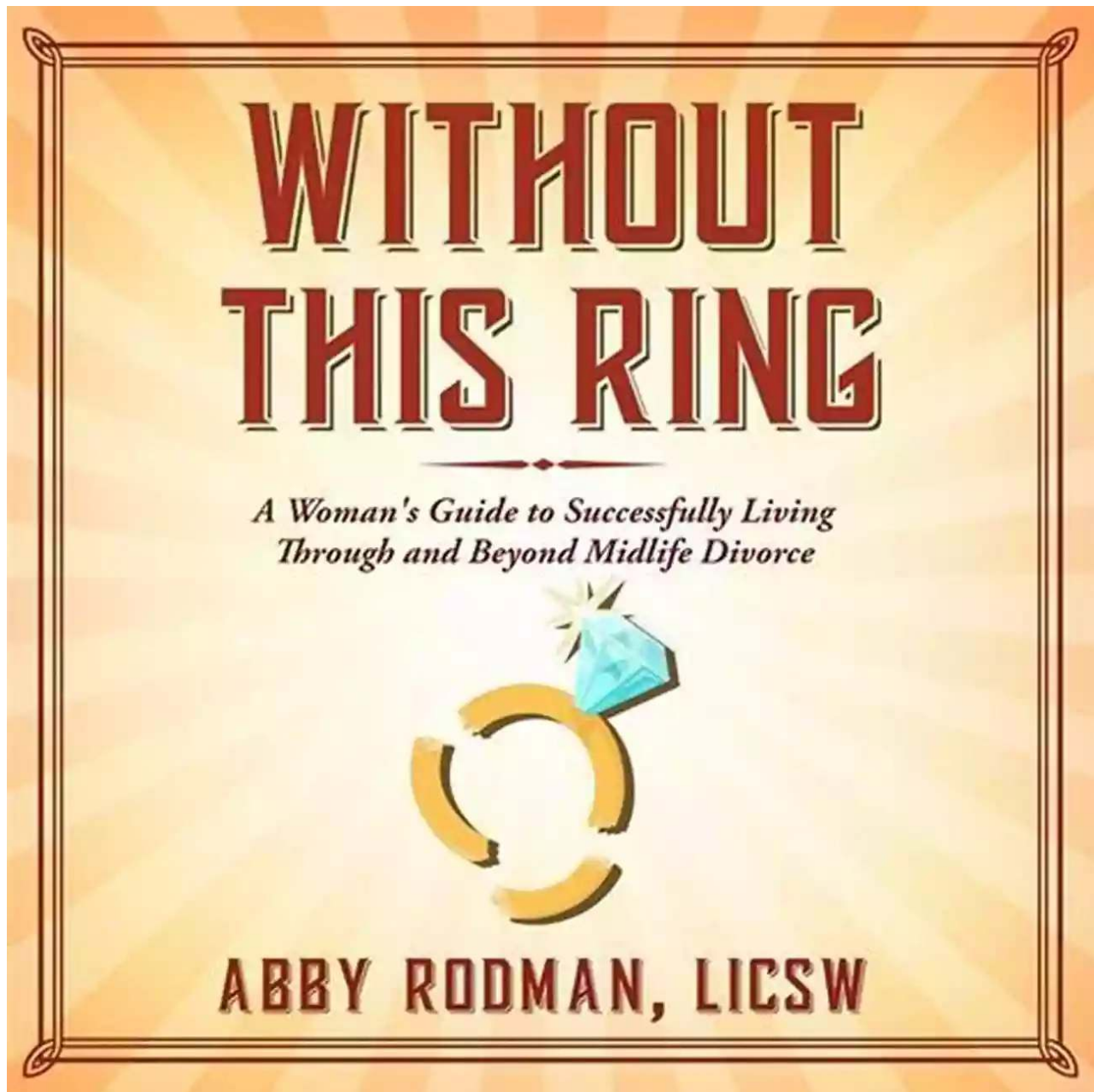


Woman's Guide To Successfully Living Through And Beyond Midlife Divorce

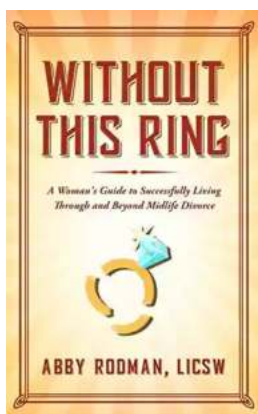


In today's society, divorce has become a common occurrence. Many couples find themselves separating after years of marriage, and women, in particular, face unique challenges when going through a midlife divorce. This article will provide a

comprehensive guide for women on how to successfully navigate and thrive during this transitional period.

Understanding and Accepting the Reality

Divorce can bring a rollercoaster of emotions, ranging from anger and sadness to relief and empowerment. It is essential for women to acknowledge and accept their feelings during this time. By seeking therapy or joining support groups, women can address their emotions and gain a better understanding of themselves.



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



Building a Strong Support System

During a midlife divorce, having a strong support system is crucial. Friends, family, and professionals can offer emotional and practical support. Joining divorce support groups or seeking the guidance of a therapist can provide women with a safe space to share their experiences and receive guidance.

Rebuilding Self-Confidence

Divorce can often shake a woman's self-confidence. It's important to focus on self-care, including engaging in activities that promote self-esteem and self-discovery. Exploring hobbies, taking up new interests, and investing time in personal growth can help rebuild self-confidence and create a strong foundation for the future.

Financial Empowerment

Divorce at a later stage in life can have significant financial implications. It is vital for women to become financially literate and empowered. Seeking the guidance of financial advisors can help create a solid financial plan for the future. Women should also consider updating important legal documents, such as wills and insurance policies.

Rediscovering Personal Identity

A midlife divorce offers an opportunity for women to rediscover their personal identity. It's crucial to take time for self-reflection and figure out what brings joy and fulfillment. Exploring new passions, setting new goals, and pursuing personal dreams can lead to a more authentic and fulfilling life.

Building a Healthy Co-Parenting Relationship

For women with children, navigating co-parenting can be challenging but necessary. Open communication, empathy, and understanding are key to building a healthy co-parenting relationship. Putting children's needs first and creating a stable and loving environment for them is crucial during this time.

Focusing on Physical and Mental Well-being

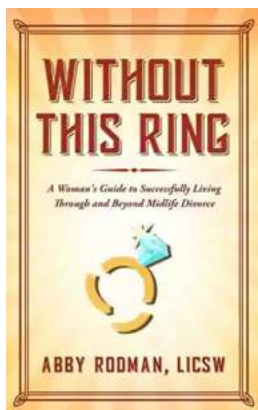
Maintaining good physical and mental health is essential during a midlife divorce. Engaging in regular exercise, eating a balanced diet, and getting enough rest can

help alleviate stress and promote overall well-being. It's also beneficial to practice mindfulness and seek therapy if needed to address any mental health concerns.

Embracing the Future with Optimism

A midlife divorce can be seen as an opportunity for growth and a new beginning. By embracing the future with optimism, women can create a positive outlook and set new goals for themselves. Surrounding oneself with positive influences and focusing on personal growth can lead to a fulfilling life beyond divorce.

A midlife divorce can be a challenging and transformative time for women. However, with the right mindset, support system, and self-care practices, women can successfully navigate through this period and build a thriving life beyond divorce. Remember, it's never too late to embark on a new journey of self-discovery and personal happiness.



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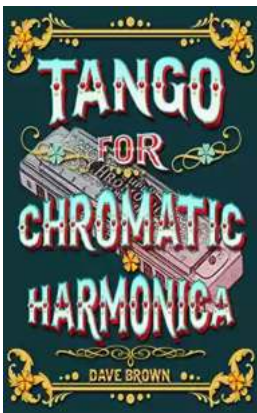
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***Note to Audiobook Listeners: I heard you! So, I'm happy to introduce a new and improved audiobook version of Without This Ring for 2020. Now

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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