



Transformational Divorce: Discover Yourself, Reclaim Your Dreams, and Embrace Life's Unlimited Possibilities

By Karen Kahn Wilson



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This book offers a step-by-step program for women not only to heal from divorce, but also to recognize the opportunity for change and transformation that is part of the process. More than just the passage out of a relationship, the challenge of divorce is a tremendous opportunity for personal growth and transformation. This book is written to help you avoid the destructive state of consuming resentment that often accompanies divorce. It teaches you how to direct your effort and energy toward thriving in your new life and succeed at becoming the person you always wanted to be. Map the journey through your future life and create a strong foundation for future happiness. Gain independence and build new, healthy romantic relationships.

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Editorial Review

Review

From the Publisher

A step-by-step program for women not only to heal from divorce, but also to recognize the opportunity for change and transformation that is part of the process.

About the Author

Karen Kahn Wilson, Ed.D., is an executive/personal coach and licensed clinical psychologist who is committed to helping women maintain a positive and constructive focus in their lives. She has worked with hundreds of divorced women, helping them to see the challenges of relationships as "cycles" of potential growth. Dr. Wilson maintains a successful executive, personal and divorce coaching practice with clients throughout the US and internationally. Visit her at: www.divorcedliving.com.

Users Review

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