



# **DIVORCED: Now What?: Your Survival Guide to Restoring Hope, Happiness, and Order Without Losing Your Mind, Yourself, or Your Friends**

*Leslie Stevens Suhy*

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Are you lost in this sudden, new world of divorce? Waking up in a life you don't recognize? Scared? Panicked? Lonely? Overwhelmed? If so, you're not alone. The first days, week, months – even year after a separation or divorce can end up being a “lost time” for many women. Leslie Stevens Suhy will help guide you as you will learn how to navigate this difficult time of your life, and take the first step on the journey toward hope and happiness. After an unexpected divorce and a long, hot, and lonely summer spent on the couch watching period dramas and drinking more wine than one woman should, Stevens Suhy said “enough!” crawled out of the dark pit to take back control of her life. Over the next few years Stevens Suhy chronicled her successes and failures and shared them with her divorce support groups. Now Stevens Suhy's mission is to dispense these lessons to the newly single and show women how to not only survive, but thrive, live, and love. Life coach, speaker, group leader and divorcee Leslie Stevens Suhy shares her stories and successes, as well as her failures and hard learned lessons. Full of inspiring stories from real clients, combined with the strategies and advice drawn from women who have lived through this traumatic time, Divorced: Now What? is full of ideas to restoring your hope, finding your happiness and passion, gaining back your confidence, and ensuring that your journey is full of loving and supportive people. This guide will help you navigate these times and learn to be present in your new life (especially important if you have children). Truthful, insightful, and even humorous, Divorced: Now What? Your Survival Guide to Restoring Hope, Happiness, and Order Without Losing Your Mind, Yourself, or Your Friends is a must-read first step on your journey to discovering your most fulfilling and passionate life. The work in this book has empowered women and dramatically changed lives ... and it can change your life too!

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