



# Put a Period to IT: When Divorce Is The Option

*Helen L. Horvath PsyD-C*

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## **Put a Period to IT: When Divorce Is The Option** Helen L. Horvath PsyD-C

Marriage and Divorce are never easy; yet, sometimes, the best thing you can do is Put a Period to IT. The factors that lead up to divorce are not always cut and dry. It is not the affair that breaks up the marriage nor is it the fact that one or both spouses have 'tried' to repair the marriage. Marriage and divorce are a dance that often takes years to finally resolve. The author, Helen L. Horvath, utilizes sound research to develop and explore a common sense approach to divorce. The author guides the reader from the basics of why to the actual movement of beginning the divorce process. Sometimes the best thing you can do in the case of a suffering marriage is Put a period to IT. She includes information about: The positive and negative relationship styles and how to end a relationship that is not working. Case studies that bring those relationship styles to light. As part of the examination of lifestyles, the author has adapted several lifestyle assessments into questionnaires that will aid in determining your relationship style and where you are in your relationship. General legal forms required to prepare for filing for divorce. Divorce plan that will commit your action to paper as you move forward.

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