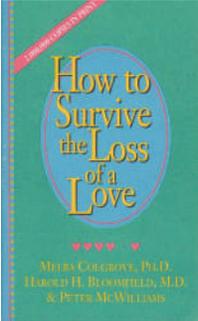
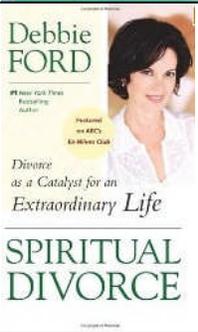
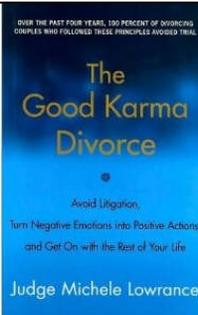
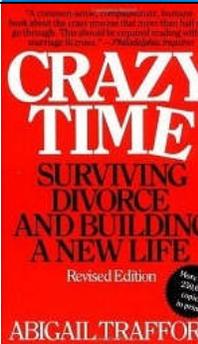
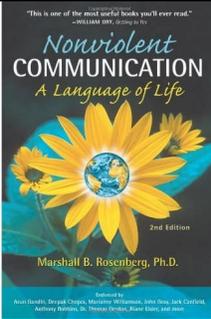
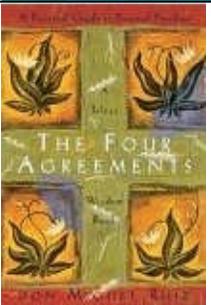
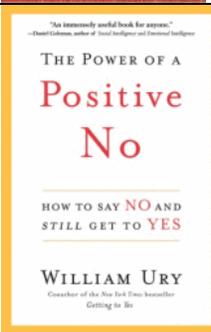


## Suggested Readings

You have lots of work to do in connection with your divorce. Sometimes the people you turn to for support will give you suggestions instead. Unfortunately, the decisions you need to make don't concern or impact them and so their suggestions aren't always helpful. In working with your divorce the most important work you do will involve only you. Here's some reading that might help you strengthen your inner self and to get from your friends and family what you actually need from them.

<p><b><u>How to Survive the Loss of a Love</u></b> by Colegrove, Bloomfield &amp; McWilliams</p>		<p>Sometimes it's all about the head...sometimes it's all in the heart. This book pairs bullet points and poetry. Sometimes you'll read the left page, sometimes the right, or both. But it's a good one to reach for in a 'right now' need.</p>
<p><b><u>Spiritual Divorce</u></b> by Debbie Ford</p>		<p>Your divorce may not feel particularly 'spiritual' at times...or ever. But Ms. Ford does a marvelous job of helping keep focus on the future. She reminds that you will come through this and that how well you do, is up to you.</p>
<p><b><u>The Good Karma Divorce</u></b> by Judge Michelle Lowrance</p>		<p>This currently active Divorce Judge shares her experience as a witness to and participant in divorce. She offers solid thoughts, not on 'how to win' in the courts, but on recognizing that how you treat your divorce determines how it treats you.</p>
<p><b><u>Crazy Time</u></b> by Abigail Trafford</p>		<p>This is a classic. It shares the stories of people at various places through and beyond the divorce process. What's really nice about it is that unlike your divorced friends who want to 'share', you can pretty easily close the book...even throw it against the wall if you need to for a time.</p>

<p><b><u>Nonviolent Communication</u></b> by Marshall Rosenberg, PhD</p>		<p>NVC is a marvelous tool for communication. The lessons and exercises in this book will help you not only with your Greek Chorus, but with your spouse, your professionals and in your life after divorce.</p>
<p><b><u>The Four Agreements</u></b> by Don Miguel Ruiz</p>		<p>This one is really all about it. In fact, that's the message. That so much of what you react to really isn't about what was done or said, but instead comes from within. This is one for building your inner strength for the process and beyond.</p>
<p><b><u>The Power of a Positive No</u></b> by Robert Ury</p>		<p>Mr. Ury declares that he considers this work to be "a much needed foundation for" his earlier books <i>Getting to Yes</i> and his <i>Getting Past No</i>. Not simply in negotiations, but as a life skill. Whether and how we are able to say 'No' to others has a large impact on the quality of our lives.</p>

Understanding loss. Obvious losses -- Not-so-obvious losses -- Loss related to age -- Limbo losses -- Inevitable losses -- Other losses -- What loss feels like -- The stages of recovery -- Surviving. 1. You will survive -- 2. If you need it, get help at once -- 3. Acknowledge the loss -- 4. You are not alone -- 5. It's OK to feel -- 6. Be with the pain -- 7. You're great! - . - 8. Give yourself time to heal -- 9. The healing process has its progressions and regressions -- 10. Tomorrow will come -- 11. Breathe! - . - 12. Get lots of rest, now -- 13. Stick to your schedule -- 14. Keep d

When I first loss the love of my life, I felt numb and I didn't really want to do anything. So this book really simplified and gave me bits of hope to take along my grief journey. I still continue to re-read it today but now have added more books and activities. This book can be used for any type of grief or loss. See more. Amox, September 5, 2013. We need to STOP loving someone when that person is unintentionally making us feel worthless..Embrace all the beauty around you with the people in your life and the experiences you live. Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll.Don't hold too long to what's never meant to be. Sometimes we need to set things free before it badly hurts. Don't worry if your single, God's looking down at you thinking; I'm saving her for someone special. ;) Live for you loved ones, friend and well wisher, enjoy li

Read the Ultimate Survival Guide for coping with a devastating loss. Learn about the 5 Stages of Grief and how long grief lasts. Watch grief expert interviews. The "Denial" Stage of Grief. The first reaction to learning about the terminal illness, loss, or death of a cherished loved one is to deny the reality of the situation. "This isn't happening, this can't be happening," people often think. It is a normal reaction to rationalize overwhelming emotions. It is a defense mechanism that buffers the immediate shock of the loss. We block out the words and hide from the facts. This is a temporary response that carries us through the first wave of pain. Personal losses can be wrenching even though they're a part of life. There are ways to mourn and survive the loss of a love by putting the loss into perspective. The points below help people who are grieving move through some of these challenges.

1. Support from Friends and Family. Spend time with your friends and / or family members. Share your thoughts and feelings. Talk it through. The emotional support, companionship, and opportunity to "ventilate" will help you greatly.
2. Physical Exercise: Regular cardiovascular / aerobic exercise (walking, swimming, jogging, and bicycling, etc.) has th That's how I felt. I was twenty-two years old and in love for the first time. I couldn't believe it. I had come out of a lonely childhood and was beginning to find confidence as a young adult. I landed a secure job, bought my first car, and experienced a freedom I never felt before. Then this beautiful girl came along and took me to another level. Little did I realize that just around the corner lay the numbness of loss, the feeling of helplessness, and sleepless nights as something magical just slipped away. Love Found. When we met, we hit it off straight away. She was kind, sincere, and very... Surviving and Seizing The Future.

1. Stay friendly, but give friendship time. A split often results in one person hurting more than the other.

How to Rescue Your Loved One from the Watchtower by David A. Reed - CreateSpace Each year thousands of husbands, wives, sons and daughters are converted by Jehovah's Witnesses through their so-called free home Bible study. This book tells exactly what to do to rescue them from the Jehovah's Witnesses. (8952 views). Subconscious Restructuring for Adults by Kelly Burris - Illumine Books

Subconscious Restructuring is an evidence-based counseling, life coach discipline which has been proven affective for depression, weight loss, PTSD, suicide prevention, ADHD, OCD, anorexia, bulimia, anx

Dealing with loss can be a difficult journey. Processing your grief is important for recovery. This book takes you through the healing stages, step by step, with a touching narration of your deepest emotions. It's not boring, lengthy, or hard to understand. The best way to describe How to Survive the Loss of a Love is summed up in the text itself: "I must be happy with myself or I have nothing to offer. Two halves have little choice but to join, and yes, they do make a whole. but two wholes, when they coincide. . . that is beauty. that is love." Suggested Reading: Relationship Advice When Someone Disappears From You

Deep sadness filled me. How could I possibly go skiing without Emmy? She was what made it such fun. But I knew I had to get our skis out of the locker, so I drove over with the intention that I wouldn't ski, just empty the locker. I was so sad I called a friend to comiserate with on the drive over. But when I arrived, a different feeling came over me. Look for signs from the spirit world that your loved one is surrounding you and sending love. If there is a type of animal they had a particular affinity with, or a plant or flower, keep your eyes open for sightings to remind you of them. Do things they enjoyed doing: toast them, order a dish they would have loved. Get together with mutual friends and celebrate their life. Express gratitude for the gifts they brought to your life.

Personal losses can be wrenching even though they're a part of life. There are ways to mourn and survive the loss of a love by putting the loss into perspective. The points below help people who are grieving move through some of these challenges.

1. Support from Friends and Family. Learn how to do something new or work on yourself in ways you've thought of in the past. It will boost your self-esteem.
9. Avoid Harmful Substances: This is not a good time to drown your sorrows in a glass of booze. Avoid the temptation to use drugs, alcohol, or excessive caffeine or nicotine as a way of altering your mood. They only create new problems you can't afford.

Surviving the loss of love usually requires you to go through both ups and downs.

2. Acknowledge the loss. If you still find yourself in a state of disbelief, you need to stop running from the loss and admit that it has happened. You need to admit that you lost your love before you can recover from the pain of it. Don't downplay the loss, either.
- Accept yourself. The loss of your love is not a reflection of your worth as a human being. No matter how the relationship came to an end, you need to remember that there is more to who you are than your failed relationship. Be gentle with yourself. Ask yourself how you would respond to a loved one dealing with your sort of grief and give yourself the same sort of compassion and sympathy. Take the time to reaffirm healthy beliefs.