



**Moving Forward After Divorce: Practical Steps to  
\* Healing Your Hurts \* Finding Fresh Perspective  
\* Managing Your New Life**

*David Frisbie, Lisa Frisbie*

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# Moving Forward After Divorce: Practical Steps to \* Healing Your Hurts \* Finding Fresh Perspective \* Managing Your New Life

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## **Moving Forward After Divorce: Practical Steps to \* Healing Your Hurts \* Finding Fresh Perspective \* Managing Your New Life** David Frisbie, Lisa Frisbie

Here's hope and healing --- packed with true-life stories from other divorced adults. Dr. David and Lisa Frisbie, "America's Remarriage Experts" show you how to get un-stuck from harmful emotions, and begin the process of moving forward. Working as Executive Directors of The Center for Marriage & Family Studies in Del Mar, California, David and Lisa have specialized in the post-divorce family and its many challenges. This book takes a readable, informative look at how to:

- heal from feelings of anger and abandonment
- discover the sufficiency of God
- develop new interests, dreams, and skills
- raise healthy kids alone or as a co-parent
- manage money (or the lack of it)
- deal with difficult ex-partners
- maintain your own sanity in the process!

This excellent resource provides great help for those with children and will guide any divorced reader to see the hope of a second chance as they learn to depend on God's grace, sufficiency, and promises.

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Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, gonna beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the publication untitled Moving Forward After Divorce: Practical Steps to \* Healing Your Hurts \* Finding Fresh Perspective \* Managing Your New Life can be very good book to read. May be it might be best activity to you.

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