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.

<table>
<thead>
<tr>
<th>Suggested Readings</th>
</tr>
</thead>
</table>
| **How to Survive the Loss of a Love**  
by Colegrove, Bloomfield & McWilliams | 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. |
| **Spiritual Divorce**  
by Debbie Ford | 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. |
| **The Good Karma Divorce**  
by Judge Michelle Lowrance | 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. |
| **Crazy Time**  
by Abigail Trafford | 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. |
| **Nonviolent Communication**  
by Marshall Rosenberg, PhD | 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. |
| --- | --- |
| **The Four Agreements**  
by Don Miguel Ruiz | 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. |
| **The Power of a Positive No**  
by Robert Ury | Mr. Ury declares that he considers this work to be "a much needed foundation for" his earlier books *Getting to Yes* and his *Getting Past No*. 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. |
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