



Learning From Divorce: How to Take Responsibility, Stop the Blame, and Move On

Christie Coates, Robert LaCrosse

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Learning from Divorce, by Christine A. Coates and E. Robert LaCrosse, is a practical book that will help you rid yourself of negative feelings of guilt and worry and replace them with positive feelings of growth and hope. *Learning from Divorce* will show you how to confront your fears and flaws, motivate you to move forward toward change, develop realistic hopes about succeeding with future relationships, and turn your failures into victories!

In this groundbreaking book the authors explain that divorce can be viewed as a developmental process, a period of transformation and growth. They help the reader understand why the divorce happened in the first place— how unrealistic expectations of a permanent honeymoon or a partner who would satisfy their infantile needs and solve all their childhood problems have so often led to immature and self-centered behavior. In place of this attitude, *Learning from Divorce* provides the reader with a more realistic view of marriage as a long-term commitment requiring loyalty, compromise, devotion, perseverance, and selflessness. This book shows that the rewards of love and family exceed most any other joy or aspiration in one's life and will help you.

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