



***Divorced:  
Survival  
Techniques for  
Singles over 40***

by  
**Joanna Romer**

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Divorce**

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***Divorced: Survival Techniques for Singles over Forty***

Through personal stories and concrete activities, this book provides guidance and wisdom for the recently and not-so-recently divorced man and woman.

*"The newly divorced person...needs special handling. That inner child in you is still confused about all the pain you're going through—it deserves some coddling. ... Why is it so important to nurture ourselves? The answer is easy: because it fosters self-esteem. Being nice to ourselves—giving ourselves little treats—restores the feeling of harmony and good will that we need to face the world. Even something as simple as stopping for a Café Mocha at Starbucks can reclaim the feeling of being at ease with ourselves, which is essential in maintaining self-esteem. If we go a step farther and sit down to enjoy a cupcake or a lemon bar, we're, in effect, saying to ourselves, 'I am worth taking time off to relax. I am worth buying myself a lemon bar.' Self-esteem is restored each time we acknowledge our own worth in any way—even if just with a coffee at Starbucks."*

-excerpt from *Divorced: Survival Techniques for Singles over Forty*

*Divorced! Survival Techniques for Singles over 40* shares the stories of everyday men and women who have gone through the trauma of divorce and now feel comfortable talking about it. Turning to God, to friends, family, and even therapy, these adults were able to pull their lives back together again.

Whether a divorce was recent or years ago, this book will help those who have gone through divorce to meet such challenges as:

- changing feelings of abandonment into simply starting over;
- learning to live alone and like yourself doing it;
- employing prayer, self-nurturing and other techniques to help rebuild your world; and
- reconnecting with others and finding a new partner.

Guidelines are provided to help the divorced man or woman put heartache aside and begin a new and fulfilling life.

**A DOWN-TO-EARTH BOOK FOR ANYONE AND EVERYONE RECOVERING FROM DIVORCE.**

# # #

**Joanna Romer** is the author of *Widow: A Survival Guide for the First Year* (2012); its companion book, *The Widower's Guide to a New Life* (2014); and *Creative Aging: A Baby Boomer's Guide to Successful Living* (co-authored with Cheryl Vassiliadis, 2014). Her writing has appeared in *The New York Times*, *Cosmopolitan*, *Mademoiselle*, and other publications. With her late husband, Jack Milton, she wrote and produced the 1972 feature film, *Please Stand By*. Romer taught communications in colleges and universities for 16 years and currently lives in Daytona Beach, Florida.