



# **The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce**

*Tom O'Stasik Jr.*

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## **The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce**

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Original Price \$19.99 - discounted to \$4.99

Not sure where to begin down this divorce path?

Not sure what to expect?

How do you do right by your kids?

What do I need to do to be prepared physically, mentally, and emotionally?

How long until I feel normal again and how can I make that happen sooner?

What can I do to cope better?

How can I heal faster and feel normal again?

This is not another book written by a lawyer, there are plenty of those. This book has been written by a man standing in your shoes, but armed with life coaching skills.

Going through a divorce is a large milestone moment for men that experience it. For me, it felt as if I had died and been reborn. My life had gone through a wood chipper and it had spit me out on the other side. There were things about divorce I was totally naive about; and things that nothing other than experience could have prepared me for. I will be sharing personal stories and insights as well as stories and insights from friends, associates, and clients. My goal is to inform you on things you may not have considered, prepare you for what may be coming, and help you to recreate an improved version of yourself for having gone through this experience.

Today, I am a better man, a better father, and a better coach after having gone through this; and I believe with a good support system you have the opportunity to be better off as well.

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The knowledge that you get from The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce could be the more deep you digging the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce giving you joy feeling of reading. The article author conveys their point in certain way that can be understood by simply anyone who read that because the author of this book is well-known enough. This particular book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having that The Men's Divorce Playbook: Insights on what to expect, look out for, and how to thrive post-divorce instantly.

#### **Donna Davis:**

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#### **Casey Schnell:**

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