



Formerly a Wife: A Survival Guide for Women Facing the Pain and Disruption of Divorce

Welby O'Brien

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Now that I'm on my own...Can I be tough enough to survive, yet preserve a tender spirit? How do I deal with all of these intense feelings? How do I make this house my home?

Formerly a Wife, written by one who has been there, will help women in the post-divorce phase of their lives to:

- admit their feelings without feeding them
- make healthy choices for survival and beyond
- confront a myriad of issues including identity and self-worth, pain and memories, and the burden of new responsibilities.

Organized in an easy-reference, question/answer format, *Formerly a Wife* (1) provides support and comfort for the newly divorced woman (2) prepares and equips her for the unfamiliar territory ahead and (3) helps her take the first steps of survival toward becoming the person God is forming her to be.

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