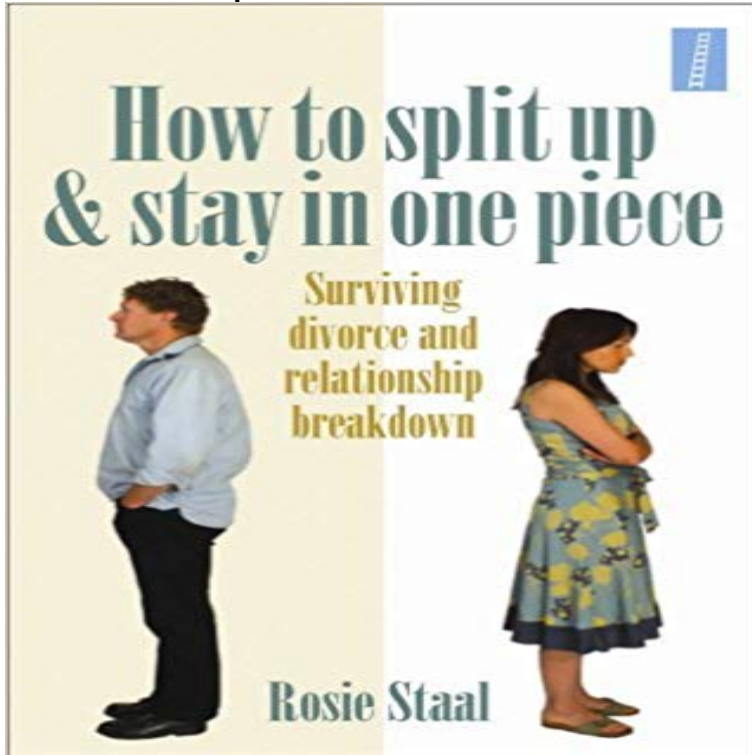


How to Split Up and Stay in One Piece: Surviving Divorce and Relationship Breakdown



How to Split Up and Stay in One Piece is a welcome companion for anyone going through a divorce. In the UK, 300,000 people are getting divorced every year and this number is increasing. The author, Rosie Staal, who has gone through a divorce herself, offers practical advice on how to recover from the breakdown of a relationship. She also reveals tried and tested coping mechanisms to deal with what can often be a painful time. Offering advice and coping strategies, this book contains valuable case studies from break-up survivors - people who have been through it and have found a way to move on with their lives. Covering a wide breadth of situations, case studies include: newlyweds and long-standing couples, partnerships with children and couples with financial difficulties.

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