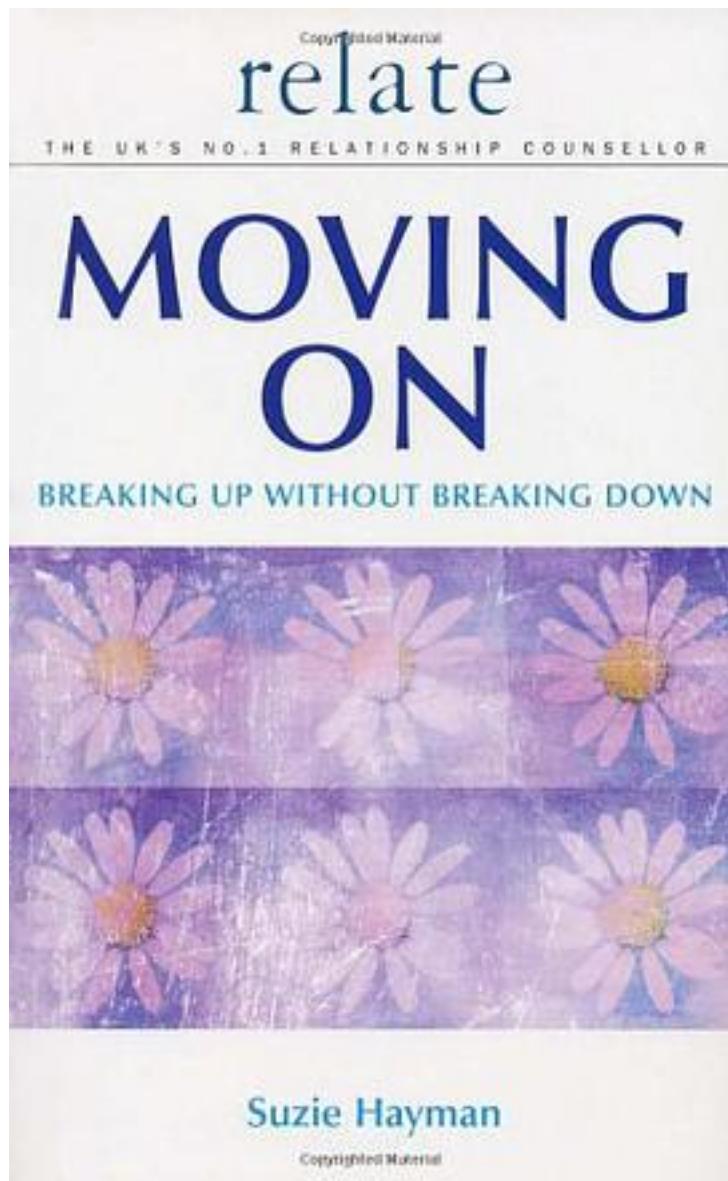


Relate Moving On



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One in three marriages ends in divorce. Cohabitation, marriage, divorce and re-marriage are becoming a normal part of the pattern of everyday life. However, the effects of such a pattern on the adults and children involved can be extremely detrimental if handled badly. In the Relate Guide to Moving On, Suzie Hayman draws on her many years experience as a Relate counsellor and agony aunt and provides information, advice and practical strategies to help you cope, as positively as possible, with the stress of breaking up with your partner. You will learn how to manage negative feelings, help your children through the difficult process, communicate with your partner and children throughout, cope with shared parenting responsibilities and sort out financial issues. Sympathetic, sound and full of positive, practical advice, this is an invaluable guide for all those facing the breakdown of their relationship.

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