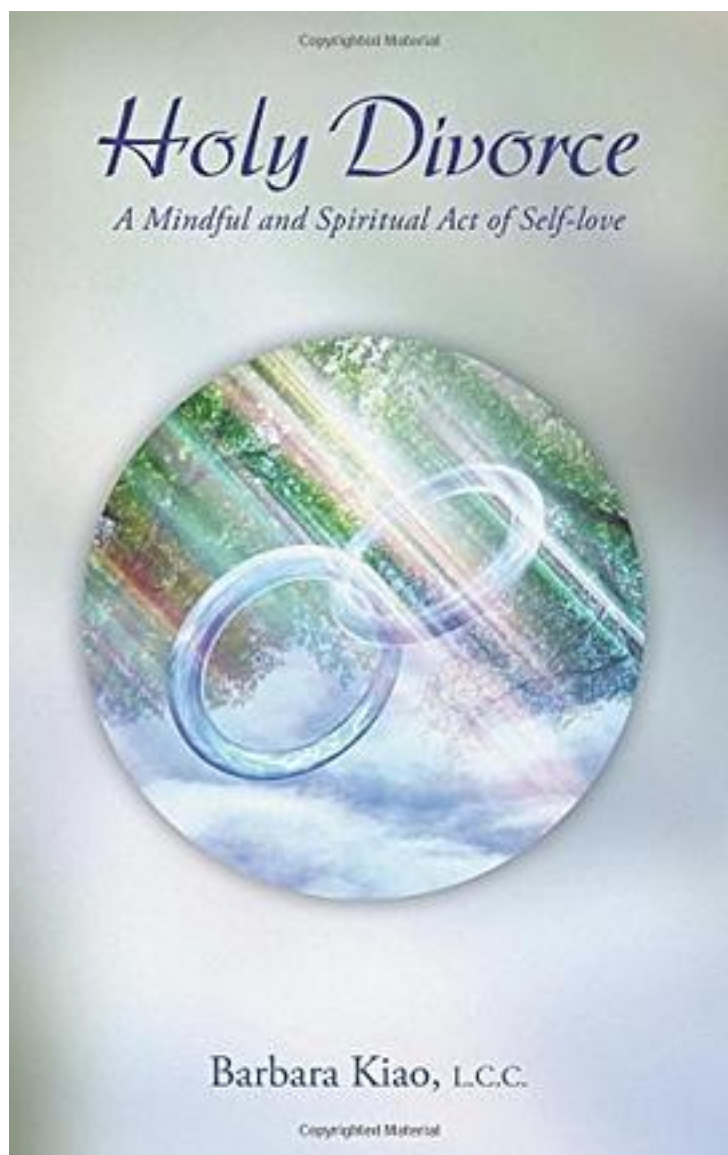


# Holy Divorce



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著者:Barbara Kiao

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Treasure had it all -- a husband who loved her, two beautiful "bonus" children, a successful small business, rewarding volunteer work, and the icing on the cake, a glamorous life that took her all over the world. But on a fateful Monday morning in 2009, her world turned upside down. She discovered that her loving husband . . . loved only his secret life. She learned that for the past twenty-four years her marriage was a lie. Wounded and betrayed, Treasure fought to find the strength to start over. From her darkest hours, she summoned the courage to look within and start the journey of transformation her soul craved. Her insufferable pain propelled her to a new life as an empowered woman living her authentic life by assuming full responsibility, practicing self-love and forgiveness. Most of all embracing a massive paradigm shift from victim to victor. *Holy Divorce: A Mindful and Spiritual Act of Self-Love* is a diverse self-help handbook and novel inspired by licensed clinical counselor Barbara Kiao's personal and professional work with her clients. She shares healthy ways to face your own fears, reach your highest self-understanding and fulfilment of your authentic self-and create true love and happiness.

作者介绍:

BARBARA KIAO, L.C.C, has been providing counselling and life coaching to individuals, couples, and organizations for more than a decade. She is a sought-after public speaker who regularly conducts workshops and lectures in Asia Pacific. An Australian national for 24 years, Barbara currently resides in Shanghai, China, where she has her own private practice.

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标签

Self-Love

Relationship

Psychology

English

## 评论

A revelation journey with a refreshing angle on relationship and the D word which we Asians once are so afraid to face head on. Fortunate to know the author herself.  
Finished on 12/05/2014

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## 书评

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