

A Happy Ending

by Maria Helena Feliu



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HOWTO FACE UP TO SEPARATIONS AND DIVORCE

BY MARIA HELENA FELIU

195 pages

Current Affairs - Couples

- Tips for separating without harming your kids.
- A highly-practical and positive approach.

SYNOPSIS

Separating is never nice. But it can lead on to a much better stage in our lives if we go through it wisely. This highly-practical book will be helpful in breaking up in the best possible way, without bitterness, conflict or endless lawsuits. In this way, if there are kids involved, they will suffer as little as possible, and be able to count on their parents being there for them. Likewise, as adults, we will be able to go through this without damaging our self-esteem, without feeling guilty or fearing the

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My partner has said he wants to separate
I want to separate and I don't know how to go about it
What about the kids? How can we tell them?
What's going to happen to our families? How can we let them know?
How to make a deal
Starting from scratch
My kids. My family. My friends. My work. My ex.
Let's go to court. Work out an agreement.
Towards stability
There's another person
Separation after many years together
Appendix 1: Communication skills / Appendix 2: How to solve problems
future.



ABOUT THE AUTHOR

The author has a degree in Philosophy and holds a diploma in Clinical Psychology. She has worked in many fields of clinical psychology and as a family counsellor. She has specialist experience in matrimonial conflicts. She is the author of *Vivir bien en pareja* and co-author of *Asesoramiento familiar de educación infantil*, *Relación de la pareja: técnicas para la convivencia*.