



Contemplating Divorce: A Step-by-Step Guide to Deciding Whether to Stay or Go

Susan Gadoua

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Just as there are right and wrong reasons to marry, there are good and bad reasons to divorce. Some couples are quick to split because they are unwilling to devote the necessary effort to fixing their relationships or to understanding their partners, while others miss out on personal fulfillment by staying too long in unhealthy marriages.

This insightful and practical guide, written by a therapist with nearly a decade of experience counseling those considering divorce, will help you evaluate your marriage to determine whether you should stay or go. Without bias toward or against the option of divorce, **Contemplating Divorce** includes helpful tools to guide you to the right decision.

- Use the tests and relationship evaluations to assess your level of fulfillment in your marriage
- Learn about the five types of needs happy marriages satisfy
- Find out how to fix 'problem areas' in your relationship
- Plan for the future, whether you decide to stay or move on

This is a much-needed book. The anxiety in making a life-changing decision is sometimes overwhelming. It is of immense help to have a coach like Susan Pease Gadoua!

-John Bradshaw, best-selling author of *Homecoming* and *Creating Love*

Better than therapy! Pease Gadoua allows the reader who is contemplating any great change to process the pros and cons in the confines of his or her own heart and mind, leaving no chance for those on the fence to skip out on the truth. A must-read for any transition.

-Joan Anderson, bestselling author of *A Year by the Sea*, *An Unfinished Marriage*, *A Walk on the Beach*, and *The Second Journey*

*Making an appointment to see a divorce lawyer doesn't mean that the person I am advising necessarily needs or wants a divorce. With Pease Gadoua's wise, thorough, and accessible book, **Contemplating Divorce**, at last there is a resource I can give to confused and unhappy clients who think the marriage may be over but can't decide whether the embers are truly dead or not.*

-Pauline H. Tesler, author of *Collaborative Divorce* and *Collaborative Law*

*An exceptional and outstanding book for all those considering making the life-altering decision to divorce. Pease Gadoua offers profound personal insight and practical guidance that empowers adults to find clarity, overcome hurdles, and make the best choices for the future of their relationships. I wholeheartedly recommend *Contemplating Divorce* to men and women alike.*

-Helene Taylor, Esq., president and founder of TheModernWomansDivorceGuide.com

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Maria Blanco:

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