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Clean Break: How to Divorce with Dignity and Move On with Your Life

By Stewart, Karen

Wiley, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Praise for Clean Break.Acknowledgements.Author's Note.Prologue: A Fool's Mistakes.Introduction: The Perils and the Pitfalls of the System as We Know It.Part I: The Journey before the Journey: Navigating the Rocky Emotional Terrain Karen's Story.Chapter 1. From Marriage to Mayhem.Reflections: Your Dignity and Self-Worth.Chapter 2. Accepting the Truth.Chapter 3. Trusting Your Intuition.Chapter 4. Breaking Free from Crisis and Chaos.Chapter 5. Becoming Proactive.Chapter 6. Establishing Healthy Boundaries.Into Action.Chapter 7. Meet the Cunningham's.Chapter 8. Adam's Emotional Procrastination.Chapter 9. Carolyn's "Painted Picture".Part II: Save Your Ass(ets).Karen's Story.Chapter 10. Losing My way.and Losing It All.Reflections: Your Wealth.Chapter 11. Taking Control-and Keeping It.Chapter 12. Formulating a Strategic Process and Plan.Chapter 13. Moving beyond Fear of the Unknown.Chapter 14. Demanding Accountability.Chapter 15. Accelerating the Process.Chapter 16. Controlling Costs.Chapter 17. Putting an End to Position Bargaining.Chapter 18. Dividing Assets (Instead of Destroying Them).Chapter 19. Attending to the All-Important Details.Into Action.Chapter 20. He Says, She Says.Chapter 21. Spousal Support.Part III: The Forgotten Ones.Karen's Story.Chapter 22. Watching It All from a Place of Helplessness.Reflections: Your Children's Emotional Welfare.Chapter 23. Children Are Children (Not Pawns).Chapter 24. Empowering the Children.Into

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