

# STRONGER DAY BY DAY

*Reflections for Healing and Rebuilding After Divorce*

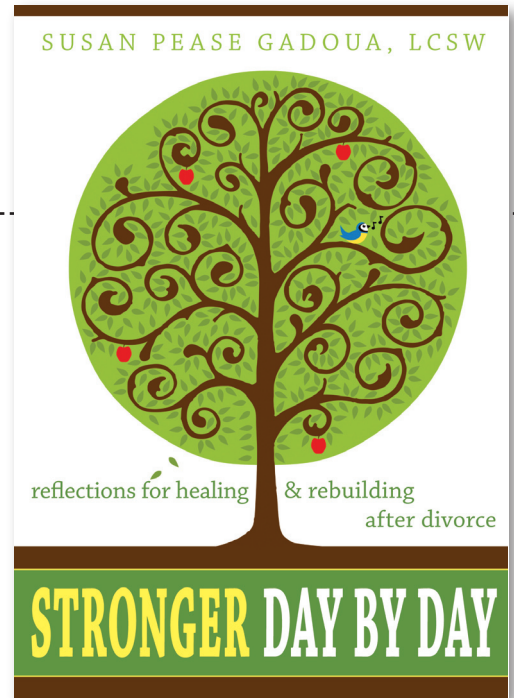
SUSAN PEASE GADOUA, LCSW



About the  
Author

*Stronger Day by Day* is Susan Pease Gadoua's second book, following *Contemplating Divorce*, which was featured on the *San Francisco Chronicle* bestseller list. She has been working with divorced or divorcing couples and individuals for more than a decade and is the founder and executive director of the Transition Institute of Marin, an agency that provides coaching, therapy, and workshops to women and men who are at some stage of marital dissolution. She is also co-founder of North Bay Mediation Center, a mediation practice facilitating alternative dispute resolution for marital dissolution, neighbor disputes, employer/employee disagreements and more.

## Reflections for Healing and Rebuilding After Divorce



Research shows that ending a marriage is often cited as life's second most stressful event. For the millions who suffer through this painful process, Susan Pease Gadoua presents *Stronger Day by Day*, a pocket-sized guide to recovery. Gadoua has put more than a decade of experience as a divorce coach into developing this effective alternative approach to divorce recovery.

Unlike other divorce recovery books, *Stronger Day by Day* facilitates the transition process through normalization of the common emotional experiences that arise during and after divorce such as grief, resistance to change and confusion. By identifying and then exploring these feelings through reflections, meditations, affirmations and journaling, *Stronger Day by Day* addresses and furthers the unique healing processes of the millions who experience divorce.

FOR AN INTERVIEW REQUEST *or*  
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STRONGER DAY BY DAY

Reflections for Healing and Rebuilding After Divorce

Susan Pease Gadoua, LCSW

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## Praise

“Without intending to, I read *Stronger Day by Day* in one sitting. Turning the pages, I felt that a warm and wise mentor was gently and skillfully shining a light through what often is a dark and troubling time. I recommend this book.”

— Frederic Luskin, Ph.D., director of the Stanford Forgiveness Project and author of *Forgive for Good*

“Susan Pease Gadoua is brilliant! Every now and then I come across a practitioner who really knows her stuff—first, because she has the credentials, but more importantly, because she’s been there, done that! I highly recommend *Stronger Day by Day* to anyone trying to pick up the pieces after divorce. This book does an excellent job of normalizing the vast array of emotions that one feels during divorce, and the author writes in a way that lets you know she truly understands. It also calls on the reader to act esteemably, whereby everyone benefits.”

— Francine D. Ward, speaker and author of *Esteemable Acts*

## Features

Physical Well-Being • Restraint of Tongue and Pen  
 • Sharing Your Pain • Stages of Grief • Denial • Anger • Depression • Acceptance • Embracing Pain • Courage • A Better Divorce • Your Own Pace • Don’t Believe Everything You Think • What Will People Think? • Deep Pain • Expectations • Patience • Limited Visibility • The Enemy Inside • Vulnerability of Intimacy • Fear and Ambivalence • The Art of Being Assertive • Priorities • Resistance to Change • True Friends • Dark Days • Security • Planting Seeds • Building Community • Feeling Hatred • You Are Loved • The New Normal • Solutions and Problems • Letting Go of Your Story in Order to Heal • Try Something New • Your Life After Divorce • Faith • Becoming More Conscious • Moving Through Your Anger • Setting Goals • Life As It Is, Not As You Would Have It Be • Blessing Your Spouse

“Unquestionably, divorce is an emotional journey. *Stronger Day by Day* is an insightful book that gives comfort and help to those going through the process. It not only normalizes the emotions that often accompany the divorce experience, it provides meaningful positive affirmations. Perhaps most importantly, it includes helpful exercises that empower the reader. I will share this book with my clients, who will find it invaluable. I will also share it with colleagues to reinforce why we continue to work to ensure the availability of divorces that take into account the emotional and financial needs of families.”

— Sherri Goren Slovin, JD, president of the International Academy of Collaborative Professionals

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