

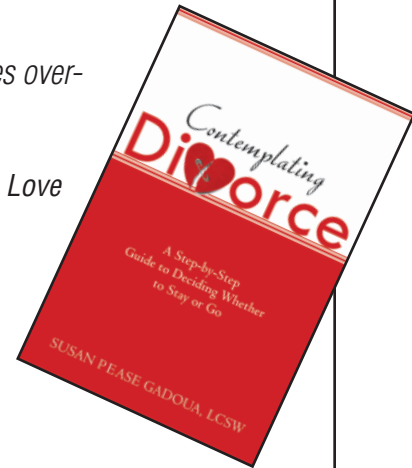
How do you know when is divorce the answer, and when it isn't?

Therapist Susan Pease Gadoua helps couples decide whether to stay or go.

"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**, author of *Homecoming* and *Creating Love*

Ending a marriage can be a shattering, life altering event that, like marriage itself, should not be done without much consideration. Just as there are right and wrong reasons to marry, there are good and back reasons to divorce. In ***Contemplating Divorce*** (New Harbinger; \$16.95) therapist Susan Pease Gadoua, LCSW, guides couples in crisis through a series of tests and relationship evaluations to help them decide on what is best for them.



Pease Gadoua has over a decade of experience in working with couples considering divorce and her book offers the insightful and practical advice that is needed at such a difficult time. Without taking one side or the other, she helps the reader explore the issues in their marriage that are troubling, and then provides insight into the next steps the reader should take. Pease Gadoua helps readers by explaining:

- the five types of needs happy marriages satisfy
- how to assess the level of fulfillment in their marriage
- how to fix problem areas in their relationship
- how to begin planning for the future, regardless of their decision

With non-judgemental sensitivity Pease Gadoua provides couples at a crossroads with the tools they need to cope with the emotional rollercoaster of contemplating divorce and make the monumental decision of whether to stay or go.

"I have written this book for the hundreds of thousands of people considering divorce and seeking clarity on what to do next, with or without their spouses. By providing a step-by-step guide of considerations, along with some personal stories and provocative exercises, I hope that all readers will come away with greater insights and acceptance about themselves and their relationships with their spouses."

— **Susan Pease Gadoua, LCSW**

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

Contemplating Divorce: A Step-By-Step Guide to Deciding Whether to Stay or Go
by Susan Pease Gadoua, LCSW, ISBN: 978-1-57224-524-2
\$16.95, 6 x 9, 245 pages, Published in August 2008
New Harbinger Publications, 800-748-6273, www.newharbinger.com

About Susan Pease Gadoua, LCSW

Photo by Judith George



Susan Pease Gadoua, LCSW, is the founder and executive director of the Transition Institute of Marin, an agency that provides coaching, therapy, and workshops to people who are at some stage of marital dissolution.

Pease Gadoua has been working with divorced or divorcing couples and individuals for nearly a decade. She lives in the greater San Francisco Bay Area with her husband and two dogs.

Suggested Interview Questions

1. You discuss in your book the five needs that happy marriages satisfy. What are those needs?
2. What are some signs of a marriage in crisis?
3. When a couple begins to think of divorce what is the first thing you recommend they do?
4. In Chapter 6 you state that you cannot always trust your gut in these situations. What do you mean by that?
5. In your introduction you discuss your parents' divorce and express the opinion that they stayed married longer than they should have. Do you think that that is a typical occurrence now?
6. What can be the effects of a marriage that lasts longer than it should?
7. What about the effects of ending a marriage too quickly, without thinking it through properly?
8. Are there some situations that you would say are deal breakers, where you would not recommend even trying to salvage the marriage (e.g., in cases of abuse)?
9. Do you think that marriages can recover from an emotional or physical affair?
10. In today's celebrity obsessed culture one often hears about marriages that last less than a year, or even a few months. In your opinion, are these marriages that ended too quickly, or should probably never have begun?

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

Contemplating Divorce: A Step-By-Step Guide to Deciding Whether to Stay or Go
by Susan Pease Gadoua, LCSW, ISBN: 978-1-57224-524-2
\$16.95, 6 x 9, 245 pages, Published in August 2008
New Harbinger Publications, 800-748-6273, www.newharbinger.com

Raves for *Contemplating Divorce*

"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**, best-selling 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

"How refreshing to find a book that so carefully and thoughtfully addresses the myriad forces and pitfalls one faces when contemplating the life-changing decision to divorce. Susan Pease Gadoua gently guides the reader through the essential stages of decision-making to stay or go with dozens of helpful examples and self-tests. I highly recommend this book."

—**Isolina Ricci, Ph.D.**, author, *Mom's House, Dad's House for Kids*
and *Mom's House, Dad's House*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

Contemplating Divorce: A Step-By-Step Guide to Deciding Whether to Stay or Go
by Susan Pease Gadoua, LCSW, ISBN: 978-1-57224-524-2
\$16.95, 6 x 9, 245 pages, Published in August 2008
New Harbinger Publications, 800-748-6273, www.newharbinger.com