

Divorce Magazine recently asked its readers if their divorce was the right choice. Sixty-six percent of women said "Yes." Karen Kahn Wilson knows why. *

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FOR IMMEDIATE RELEASE

Despite the histrionics of “family values” advocates, divorce is sometimes the best choice for a family, and for many women it’s the first step to a life of their long-forgotten dreams. That’s because even in our post-feminist society, women still tend to jettison their goals, dismiss their dreams, and suppress their desires in married life. In ***Transformational Divorce: Discover Yourself, Reclaim Your Dreams, & Embrace Life’s Unlimited Possibilities*** **Karen Kahn Wilson, Ed.D.**, shows women how to reclaim them and use divorce a springboard to a new and satisfying life. She gives readers the skills they need to:

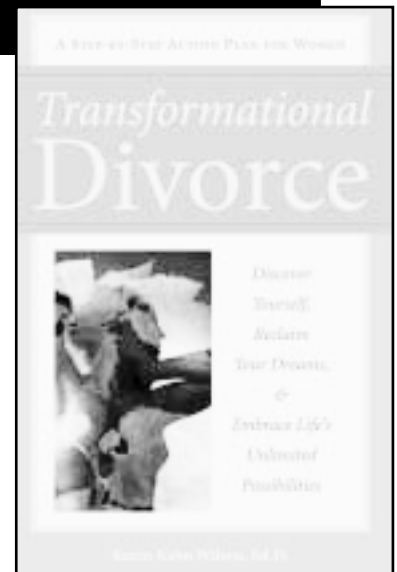
- Build the economic and emotional foundation for a life of independence;
- Cultivate new friendships and make connections;
- Cope with lingering resentment and anger;
- Understand why their marriage didn’t work and how to have better relationships;
- Become clear about what they want and create an action plan for achieving it; and
- Relate to men again.

“Transformational exercises” are sprinkled throughout the book. These allow readers to develop concrete strategies for handling common problems, such as difficulty adjusting to a new living environment, feeling overwhelmed by toxic emotions, and confusion about what they really want.

Divorce--even the most amicable one--can be a heart-wrenching end to a life chapter, but it can also unlock a future of unlimited possibilities. **Karen Kahn Wilson** has shown hundreds of divorced women how to embrace the opportunities divorce brings. In ***Transformational Divorce*** she combines authoritative advice with gentle guidance to show readers how to make post-divorced life the best life possible.

Visit Karen at: www.divorcedliving.com.

***And she can't wait to tell the other 34 percent.**



**TRANSFORMATIONAL DIVORCE, 1-57224-341-4, (paper), \$13.95, 166 pages
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609
www.newharbinger.com, 800-748-6273**

About Karen Kahn Wilson, author of *Transformational Divorce*

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Karen Kahn Wilson, Ed.D., is an executive/personal coach and licensed clinical psychologist who is committed to helping women maintain a positive and constructive focus in their lives. She has worked with hundreds of divorced women, helping them to see the challenges of relationships as “cycles” of potential growth. Dr. Wilson maintains a successful executive, personal and divorce coaching practice with clients throughout the US and internationally. Visit her at: www.divorcedliving.com.

R A V E S

“A new, positive road map for divorced and divorcing women...Karen Kahn Wilson has transformed cutting-edge psychological concepts into a warm, supportive, and powerful approach to moving forward. I recommend this to all women who are yearning to claim their dreams!”

-Olivia Mellan, speaker, coach, and author of *Money Shy to Money Sure*

“Karen Kahn Wilson is a skilled alchemist who transforms divorce trauma into magical possibilities of becoming an independent woman. *Transformation Divorce* weaves the wisdom of life experiences into practical, achievable ways for women to discover and live the power of who they are.”

-Charlene Tosi, author, *Woman Within Training Women Empowering Women*,
and *A Couples' Weekend*

“More than any other author on the subject of divorce, **Karen Kahn Wilson prepares, guides, and supports women through every possible scenario and the full range of feelings and reactions** one must cope with before, during, and after the physical transition. I'll be sure my clients have this highly readable and valuable resource.”

-Eleanor Craig Green, MS, psychotherapist and author, *The Moon Is Broken*

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Suggested Interview Questions for Karen Kahn Wilson, author of *Transformational Divorce*

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1. Divorce is a scary thing for most women. What are some common fears that you see in the women you work with?
2. In chapter one of *Transformational Divorce* you talk about “the pillars of an independent woman's life” and you refer back to this throughout the book. What are these?
3. Why is it so important to have a comfortable physical space?
4. In a chapter called “Connecting with Women Friends,” you say that “female connection is empowering.” How so?
5. You tell readers to debrief the past. What do you mean by this and what are a few questions women should ask themselves when trying to do this?
6. You include a list of tools for an independent woman. What are a few of these and how can women who are used to being part of a couple develop them?
7. In chapter six you tell the reader to reclaim her vision of her dream life. What would you say to a woman who is having trouble formulating her idea of a dream life?
8. What is powerful energy and how can women create it?
9. What does the acronym SMART stand for and why is it important when creating a plan of action?
10. You tell your readers to make a list of the traits that the men who are attracted to them commonly possess. Why?

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