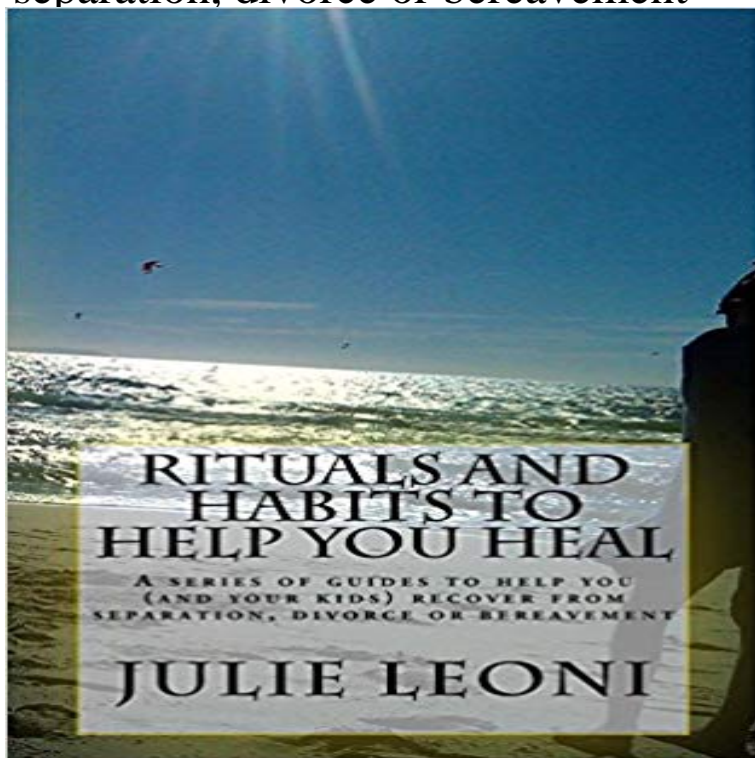


## Rituals and Habits to Help You Heal: GETTING ON WITH GETTING OVER IT: A series of guides to help you (and your kids) recover from separation, divorce or bereavement



Whether you are divorced, single or bereaved coming out of being in a relationship and being on our own again is hard. This book will give you practical tools, stories, questions and theories to help you mark the end of your relationship. Rituals are important ways of marking life transitions so this book gives you loads of ideas for non-religious rituals that might suit you and your family. Habits can help or harm. This book also gives you tools to audit your habits and steps to building positive habits which support you in your new life.

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