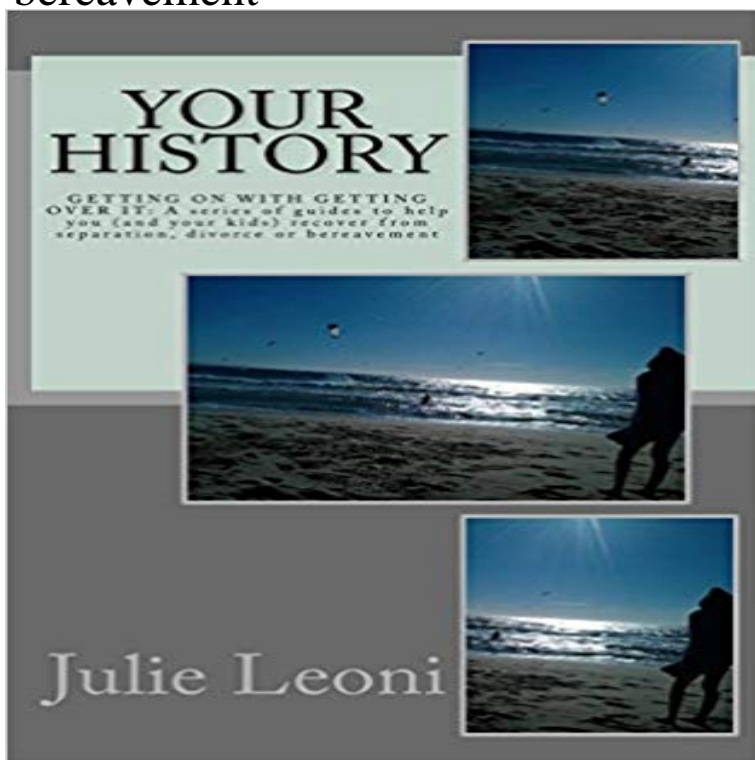


Your History: GETTING ON WITH GETTING OVER IT: A series of guides to help you (and your kids) recover from separation, divorce or bereavement



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 get you looking at your family relationship history so that you can challenge any negative beliefs and assumptions and make this a positive new beginning.

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