

The Mom's Guide to a Good Divorce

THE
MOM'S
GUIDE
TO A
GOOD
DIVORCE

WHAT TO THINK THROUGH
WHEN CHILDREN ARE INVOLVED

SARAH ARMSTRONG

Just for the record...I am not an advocate for divorce. In an ideal world, couples who get married...happily stay together for a lifetime. Unfortunately, this is not always the case and these days divorce is more common than ever.

Through the years since going through this major change in my life, I have been asked by many friends to give them advice on how to go through the process and come out happy on the other end. Somehow, the girl who never, ever thought she would get a divorce has become "a poster child for a good divorce."

The guidance in this book is written in a conversational tone from one mom to another and is served up in bite-sized pieces. It is meant to prepare you for the discussions you need to have and the decisions you need to make, while keeping your children as the focus...and prioritizing yourself too. Ultimately, the goal is for you to be able to put your experience in the category of a "good divorce."

"Sarah was one of the first people I called when I realized I was getting a divorce. I could not be more grateful for Sarah's advice on how I should navigate a new, post-divorce world with my daughter. Which leads me to wonder...how do the other millions out there figure it out if they cannot call Sarah? People need to hear Sarah's guidance in her own captivating voice. It is innovative. It is positive. It needs to be shared with those who need it."

—Kathryn Stockett, Author, *The Help*
New York Times Best Seller & Academy Award Nominated Film



Sarah Madden Armstrong never expected to write a book. She has a degree in marketing and played volleyball on scholarship at Georgetown University. Throughout her career, Sarah has worked in global marketing where she is viewed as an industry leader in her area of expertise. Sarah loves traveling the world...managing the juggling act of being a working mom...while raising her daughter, Grace.

Life Journey
experiences
gooddivorce.guide



The Mom's Guide to a Good Divorce is a practical guide for any woman going through a divorce, filled with everything she needs to think through in order to always do what is best for her children.

The guide is written in a conversational tone from one mom to another. Served up in bite-sized pieces, the goal is to help women with children navigate the entire divorce process and post-divorce phase in a manner that will ultimately put it in the category of a "good divorce."

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-Kathryn Stockett,
Author, *The Help*

"A worthwhile read for therapists working with parents and their children who are going through or affected by divorce."

- David Alexander,
Professional Counselor, Atlanta

About the Author



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Website: gooddivorce.guide
Contact: sarah@gooddivorce.guide
Inquiries: PR@gooddivorce.guide
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