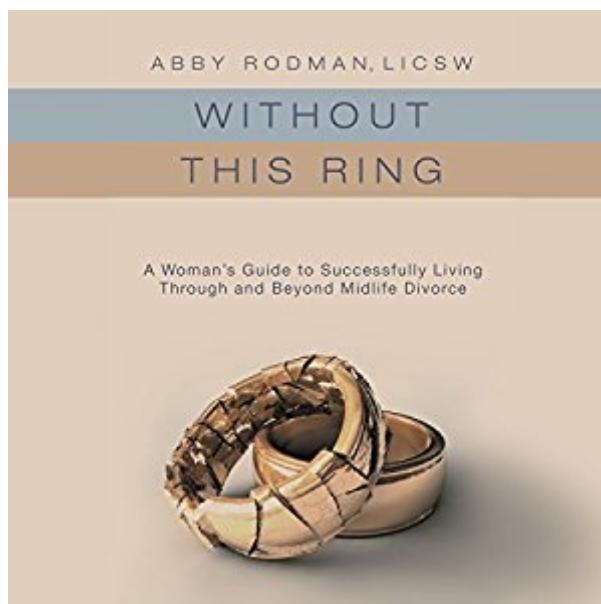


The book was found

# Without This Ring: A Woman's Guide To Successfully Living Through And Beyond Midlife Divorce



## Synopsis

Midlife divorce is skyrocketing, and women are initiating divorce in higher numbers than ever before in history. Psychotherapist Abby Rodman surveyed hundreds of women who divorced in midlife to find out the "whys", "whats", and "hows" of their experiences. Packed with personal stories, fascinating statistics, helpful checklists, expert advice, and practical tips, *Without This Ring* is a necessary and critical listen at any stage of midlife divorce - whether you're just starting to consider it or you've already come out on the other side. Abby Rodman is a relationship coach, an author, and a speaker who's renowned for her focus on midlife dating, marriage, and divorce. Abby is regularly sought out by print, broadcast, and online media outlets for her expertise on relationship issues. She has also successfully lived through and beyond her own midlife divorce.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 11 minutes

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Best Sellers Rank: #130 in Books > Self-Help > Mid-Life #1371 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #2188 in Books > Self-Help > Relationships > Love & Romance

## Customer Reviews

Although my own divorce had been finalized for 6 mo. already by the time I read this book and I'm just a tad past my "mid-life" (I'm 63) I still found it extremely helpful and it was also a fun read. Even at my age, I was able to glean some very useful information and even discovered the likely reason why I've continued to find myself in relationships that were less than ideal (who knew that I had been settling for a marriage that was "good enough"?!). I very much appreciated the humor and thoughtfulness with which Abby Rodman wrote and would highly recommend this book to anyone going through a divorce or contemplating proceeding w/one.

I read this purely so that I could be a more empathetic friend to someone taking a path - of midlife divorce - which I had not, but it gave me more than I expected ... even altered my perspective on my own marriage, in which I am content. A worthwhile read.

Truly the first book that I related with almost entirely. It gives a real perspective that is truthful and honest. It came at just the right time in my life. Glided through it in a few hours. Very very very helpful to anyone thinking of divorce after years of wondering what to do.

## EXCELLENT

Some good material, but nothing that is life changing. A good support book.

At first you think "wow" why this big typeface, it must be a lightweight book, but it's not. Very practical, very insightful. Some of the question Abby asks you to think about really clarify your decision. Her straightforward talk about the bumps in the road are so true. It helps to know you're not alone in all this. Divorce is never easy, but this book is great to have by your side along the way.

As someone in the unfortunate situation of considering divorce from my husband, I've been reading one self-help book after the other for the past two years -- and can honestly say that this is THE BEST one I've ever read! It is written as if you're sitting in person with the author, Abby Rodman, having a cup of coffee and getting some great advice. This is a quick read and written in a very honest, down-to-earth style; and is full of inspirational messages and helpful tips and info -- which I've already put to use! There were many parts throughout the book that made me laugh out loud, then cry straight from the heart, and then just sit quietly absorbing and pondering its words of wisdom. I have already read it through twice and will more than likely go through it again... A completely empowering, energizing and extremely helpful experience!

Great service and product.

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