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The Guys-Only Guide to Getting Over Divorce and With Life, Sex, and Relationships (Guys-Only Guides)

Sam J. Buser, Glenn F. Sternes

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This book is a man's guide to recovering from divorce and starting a new life. When it comes to getting one's life back together after divorce, most of the great advice is geared toward women. What is available for men focuses on financial and legal concerns, rather than personal or relationship concerns. The emphasis of this book is not on winning money battles, but on helping men manage the emotional issues inherent in a divorce. Written by two psychologists who have been working with men for the past 30 years, the book uses a question and answer format to give guys straight advice on how to minimize conflict, reduce harm to children, face secret fears, and start new relationships. The authors give extensive coaching to men in how to begin dating again, the nature of sexuality post-divorce, and making choices that can lead to a successful future marriage.

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