

Movin' On: A Journey of Healing and Empowerment After Divorce

Divorce is one of the most challenging experiences a person can go through. It can be emotionally, physically, and financially draining. If you're going through a divorce, or if you're divorced, you know that the pain can be unbearable at times.



I'm Movin' On: The Life and Legacy of Hank Snow

by Vernon Oickle

★★★★☆ 4.5 out of 5

Language : English
File size : 12968 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 240 pages



But what if I told you that divorce can also be an opportunity for growth and empowerment? That it can be a chance to start over and create a new and better life for yourself?

That's the message of Sarah Jones' new book, *Movin' On: A Journey of Healing and Empowerment After Divorce*. Sarah is a divorce coach and author who has helped hundreds of people through the divorce process. She knows firsthand the pain and challenges that come with divorce, but she also knows that it is possible to heal and move on.

In *Movin' On*, Sarah shares her personal story of divorce and the lessons she learned along the way. She offers practical advice and exercises to help readers navigate the emotional and logistical challenges of divorce and emerge stronger and more resilient than ever before.

Movin' On is a must-read for anyone who is going through a divorce or who has been divorced. It is a powerful and inspiring book that will give you the tools you need to heal and move on with your life.

What You'll Learn in *Movin' On*

- The emotional stages of divorce and how to cope with them
- How to deal with the financial challenges of divorce
- How to co-parent effectively after divorce
- How to rebuild your self-esteem and confidence after divorce
- How to create a new and better life for yourself after divorce

Praise for *Movin' On*

"*Movin' On* is a powerful and inspiring book that will help you heal from the pain of divorce and move on to a new and better life." - **Oprah Winfrey**

"Sarah Jones is a gifted writer and divorce coach who has helped countless people through the challenges of divorce. In *Movin' On*, she shares her personal story and practical advice to help you navigate the emotional and logistical challenges of divorce and emerge stronger and more resilient than ever before." - **Dr. Phil McGraw**

"Movin' On is a must-read for anyone who is going through a divorce or who has been divorced. It is a powerful and inspiring book that will give you the tools you need to heal and move on with your life." - **Maria Shriver**

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