



## First Steps Through Separation and Divorce

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By Penny Rich

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Through Separation and Divorce, Penny Rich, 'First Steps through Separation and Divorce' provides practical help, comfort and advice for anyone considering or experiencing separation or divorce. It provides an introduction to legal issues and where to seek legal help, useful tips on how to move on and build a new life, and words of comfort to encourage readers to express their own feelings and allow themselves to grieve for what has been lost. It also contains advice on helping children through a divorce, and details of helpful organisations and websites. Other titles in the First Steps series include: Anxiety, Bereavement, Depression, Eating Disorders, Menopause, Problem Drinking, Problem Gambling and Weight Problems.



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