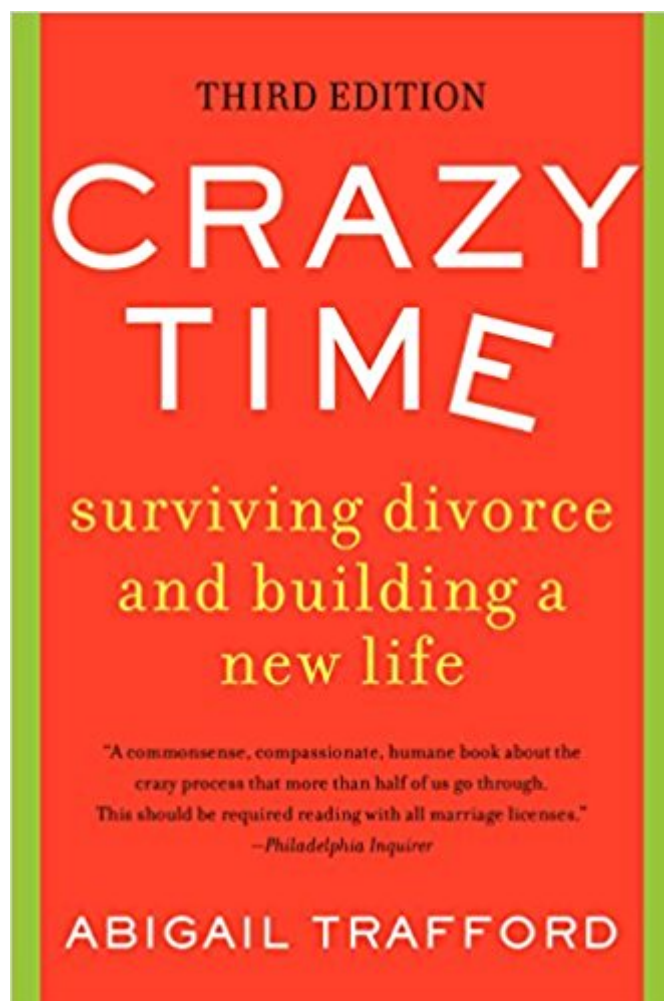


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# Crazy Time: Surviving Divorce And Building A New Life, Third Edition



## Synopsis

Thoroughly revised and updated for a new generation, the essential guide for men and women to help them weather the turmoil of divorce and build rich, rewarding lives. There is nothing easy about the breakup of a marriage, from coping with loss and failure to dealing with the uncertainty of the future. In this intelligent and insightful book, Abigail Trafford charts this emotional journey, identifying the common phases in the evolution from marriage to separation to divorce, and eventually to a new life. Based upon her personal experience, extensive research, and interviews with hundreds of divorced men and women, Trafford offers individuals a better understanding of their own experiences and the message that they are not alone in their pain and confusion. *Crazy Time* is also an investment in the future—Trafford reveals the telltale signs of a marriage in crisis, and discusses what determines whether a relationship will survive over time. This revised edition includes the most up-to-date research on the personal and economic effects of divorce in adults and children's lives, addresses the special challenges of becoming single again in the age of the Internet, and broadens the experience of divorce to the breakup of all committed relationships. For anyone who has divorced or is considering taking that step, *Crazy Time* offers a sense of hope and confidence that this transition is not only an ending but can also be a valuable beginning.

## Book Information

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## Customer Reviews

"A common-sense, compassionate, human book about the crazy process that more than half of us go through. This should be required reading with all marriage licenses."--Philadelphia Inquirer"

Thoroughly revised and updated for a new generation, the essential guide for men and women to help them weather the turmoil of divorce and build rich, rewarding lives. There is nothing easy about the breakup of a marriage, from coping with loss and failure to dealing with the uncertainty of the future. In this intelligent and insightful book, Abigail Trafford charts this emotional journey, identifying the common phases in the evolution from marriage to separation to divorce and eventually to a new life. Based upon her personal experience, extensive research, and interviews with hundreds of divorced men and women, Trafford offers individuals a better understanding of their own experiences and the message that they are not alone in their pain and confusion. *Crazy Time* is also an investment in the future. •Trafford reveals the telltale signs of a marriage in crisis and discusses what determines whether a relationship will survive over time. This revised edition includes the most up-to-date research on the effects of divorce in adults' and children's lives, addresses the special challenges of becoming single again in the age of the Internet, and broadens the experience of divorce to include the breakup of all committed relationships. For anyone who has divorced, or is considering taking that step, *Crazy Time* offers a sense of hope and confidence that this transition is not only an ending but can also be a valuable beginning.

Containing statistics, personal stories and light-lending narrative - this book has the ability to help alter your personal perspective on divorce and remind you that you are not alone. Whether you are separating, going through the divorce or have legally completed a divorce this book comes highly recommended. I was NOT disappointed.

It's a good book to read. If you are wearing the shoes I wear of this being nothing like the life you wanted for yourself, it's just a book that reads easy and gives some insight into life and examples of others. Totally would say pick it up. It was my therapist who said to read it and its worth a read for anyone even just getting married even. Puts a little perspective on marriage and this crazy notion that it's all going to be perfect and lovely when reality is most of them are not.

I'm in mid divorce and am going through "Crazy Time". It's very enlightening. As I'm reading in recognizing the different phases I've been through, it's comforting to know that all these feelings and thoughts are not uncommon!

For anyone going through the breakup of a relationship this is a must read.... as a therapist I regularly recommend this book to my clients

Since divorce is uncharted territory it's good to read a straight talking discussion of the stages. One hopes everyone doesn't have to go through every step.

A goldmine and a serious work on divorce. The sample stories of real life people that went through the hell of divorce (and some that didn't) was invaluable. These stories were used to explain the varying stages of divorce and the emotional toll it takes - that goes in stages, too. We're humans and we're all different, yet we share so much in common. This book is for the person contemplating divorce (even just the passing thought of it) and the person that has gone through it already. It was very pertinent (about 90 percent of the book) and I gained a lot of knowledge and relief from reading Crazy Time. My best friend recommended it to me and she's most likely going to stick to her marriage after her hubby cheated. I got a divorce. The book is/was relevant to both of us.

This book stands the test of time. I find myself going back to reference certain chapters based on where I am in life on a regular basis. A must-read for the newly divorced.

Awesome. Every divorced couple and anyone looking for a relationship should read this. This book could be beneficial to anyone. Helps you take a good look at yourself as a person and 1/2 of a couple.

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