



Restored Lives: Recovery from divorce and separation

Erik Castenskiold

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This book is developed from the Recovery from Divorce and Separation course that Erik runs at Holy Trinity Brompton. It will help people to recover from the experience of divorce or relationship breakdown and rebuild self-confidence. It offers the real possibility that people can have a restored, fulfilled and happy life. Erik starts by outlining the journey of breakdown and recovery, offering the assurance that recovery is possible. He then provides important tools for communicating well with your ex, handling conflict, setting emotional boundaries and expressing yourself clearly. He shows how it is possible to let go and move on, highlighting the importance of forgiveness. He explores the impact on family and friends and considers the legal and financial aspects before addressing the question of moving forward as a single person and building strong relationships across our lives.

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