



Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life

Debbie Ford

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Could the end of your marriage be the first step toward reclaiming your personal power and joyfully living the life of your dreams? If the answer is yes, this book is for you.

Divorce rocks the very foundation of our beings, leaving us feeling lonely, flawed, enraged, undesirable, hopeless, and empty. In *Spiritual Divorce*, *New York Times* bestselling author Debbie Ford reveals how this devastation can be transformed into a profoundly enlightening experience. This empowering guide shows how the collapse of a marriage is, at root, a spiritual wake-up call, an opportunity to liberate ourselves and reclaim our lives. The end of a relationship—no matter who ends it—is a damaging moment. Ford offers a clear program for turning ruin into renewal.

Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life Details

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Author : Debbie Ford

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Clarice says

It took me a VERY long time to get through this book, because there are times I just didn't WANT to read positive psychology stuff about how to become a better person after a divorce. But, there will be two things I will always be grateful for that happened to me this year. That I found this book at the beginning stages of filing for divorce AS WELL as that I went through Impact Training during the process of my divorce as well. If you don't want to feel like a victim of your life circumstances and STILL believe in a God or some form of spirituality, I highly recommend reading this book and going through the Healing Action Steps at the end of each chapter. "Divorce becomes a holy moment when you choose to use it as a catalyst for having an extraordinary life." I've been living and breathing this statement from the moment I read it on page 9. I have a feeling I'll read this book over and over again. I could open to any page at any moment and find truth.

Ms. Anita says

I was so embarrassed by this book that I kept a cover over it as I read it. That being said, when my partner (and the person I thought was the love of my life) left me-two months after finding out that my mother had stage 4 cancer-I experienced a deep deep grief and this book helped. I was not a fan of her writing style, but I found the homework at the end of each chapter immensely helpful. Breakups and divorces are brutal. I really appreciated that she offered a different perspective: that if you work really hard it, you could turn this horrible thing into the impetus for a better life. I have not found or heard of any other book out there that is offering this perspective, despite how common divorce is our society.

Elizabeth Welch says

Loved this book by Debbie Ford who recently died of cancer. Recommended by a friend for anyone going through an end of relationship, not just divorce. Really helped me with all relationships, not just romantic-read mostly on long plane ride which always seem to inspire cathartic thinking!

Aaron says

I read quite a bit of this and all I can say is that it's not anything I would recommend to anyone who has a sincere desire to save their marriage along with the desire of saving their children from the extreme agony of divorce. For those who haven't been through a divorce as a child it is impossible to truly understand the lifetime of pain and suffering it can cause. This book is typical of today's "it's all about me" mentality. It feels as if it was written to cater to those who are looking for a guilt-free pass to divorce their spouse. Divorce is typically not only selfish but is also extremely harmful to the family which is falling apart at the seams in Western society today. That's not to say that divorce isn't warranted in certain circumstances. In cases of physical abuse, many forms of mental abuse (when the abuser is unwilling to get the necessary help he or she needs to stop), drug abuse, incest, etc. divorce is unfortunately often necessary. That being said, unconditional love and some good therapy (both individual and couples) go along way when two people

Julie Baylor says

This book is helpful in moving beyond the pain into a new life after divorce. The perspective is very "New Age" referring to the Universe as a being, and I disagree with the concept that everything in life is perfect and as it should be. Human beings are flawed and as such make mistakes for which there are negative consequences. God can take any situation and use it to benefit us; but life will not be perfect here on Earth. I loved the exercises of New Interpretations and Wedding Gifts. These two were of great value to me. Overall, very helpful and worthwhile book.

Beth says

I highly recommend this book for anyone divorced, going through a divorce or even considering a divorce.

Sheri Mitchell says

A colleague recommended this book to me- suggesting it would be a good resource to help identify key things in my situation. This book helped me with more than just the relationship with my spouse but others as well. It was a renewal for me and allowed me to continue to identify my ownership, responsibility and behaviors to contributed to the state if affairs. Learning to return to my spiritual self I have a new perspective as we embark into the journey of counseling.

ArEzO.... Es says

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Dana Panait says

One of the gratest book on relationships I ever read. The teachings you get from this book would apply to any kind of "special relation" not only a marriage relation. Loved it!

Sarbook says

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Johnna says

This book was helpful because it places no blame. People part and go their separate ways and it can be devastating especially when the relationship has been very long term and children are involved. The author helps the reader go through the process in a very positive way.

GoldmanCafe says

I was not able to read this book right away after the abrupt ending of a ten-year relationship. But, after about three months, I flew through it. It's a great source of guidance and deeper understanding. My counselor recommended this book at our first session, and I am so grateful. A wonderful book. I look forward to reading Ford's other books.
