



Practically Single

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Divorce isn't easy; it isn't entered into lightly. It is a time of harsh transformation and adjustment. You may be struggling with your finances, your faith or your family and at the same time be expected to battle through your emotions and negotiate a divorce settlement.

And do this somehow without losing your sanity or your self-respect.

Practically Single encourages you to find your true worth and give you the tools to make real and lasting change in your life. It will reform how you think about money and yourself and show you the value of rediscovering or finding faith. An inspirational workbook for a time when you're at your most vulnerable and disorganised, *Practically Single* offers readers the tools they need to find their way.

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Mostly for Mothers