## CONTENTS

Dedication and Acknowledgments	7
After Divorce—	
1. Are You Ready for a New Relationship?	11
2. Are You Financially Prepared?	22
3. Are You Emotionally Prepared?	49
4. Are You Spiritually Prepared?	76
5. Are You Physically Prepared?	101
6. Is Your Family Prepared?	127
7. Divorce Roundtable: A Free-flowing Conversation	
with Divorced Men and Women	157
Recommended Reading	183
About the Authors	185