

# WHAT ABOUT ME?

PRACTICAL ADVICE FOR EVERY MAN DEALING WITH DIVORCE

There's no end of advice for men about the financial and legal aspects of divorce. But, what about YOU personally—your adjustment to a new kind of life, your uncertainty about how to start over? Your time has come! Whether you are newly separated or finalized your divorce last year, The Guys-Only-Guide to divorce answers questions from hundreds of men just like you about how to get on with a better life!

**FROM EX TO SEX** and everything in between—questions guys ask, or should ask!

Unique **Q&A COACHING** covers it all:

- The nuts and bolts of starting over
- Why time is absolutely on your side
- How to go for a good thing when you see it—you deserve it!
- Dating again—what kind of woman should you be looking for?
- Getting Serious—how to avoid the same mistakes this time around
- Having sex again—when, how much, working out the kinks, and more
- "Is it normal to feel this way about my ex-wife, my kids, other women?"

## WHERE DO YOU STAND?

THE 20 QUESTIONS GUYS ASK MOST ABOUT DIVORCE. GO TO [WWW.GUYSTOP20.COM](http://WWW.GUYSTOP20.COM)

"Wonderful Q&A format; easy to read but right to the point." — Regina Lederman, PhD, Professor, UTMB (University of Texas Medical Branch), Director Family Therapy Clinic

"Even when divorce is not what the man wants, this book shows how he can get through the process with integrity." — Newton Hightower, LCSW, author of *Anger Busting 101* and Director, Center for Anger Resolution, Inc.

"Recommended for all public libraries." — *Library Journal*

"Indispensable information for getting one's life back together after divorce. Great advice." — *Independent Publisher*



**MEET YOUR COACHES:** SAM J. BUSER, PhD and GLENN F. STERNES, PhD use their combined expertise in working with men, men's issues, relationships, and human sexuality to bring you the *Guys Only Guides—The No-Sweat Approach to Everything*. For information about speaking, workshops, and private coaching, please visit Sam and Glenn at [www.GuysOnlyGuides.com](http://www.GuysOnlyGuides.com).



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THE GUYS-ONLY GUIDE TO GETTING OVER DIVORCE

BUSER & STERNES



# GETTING OVER DIVORCE

and on with

**LIFE, SEX, and RELATIONSHIPS**

**Sam J. Buser, PhD · Glenn F. Sternes, PhD**