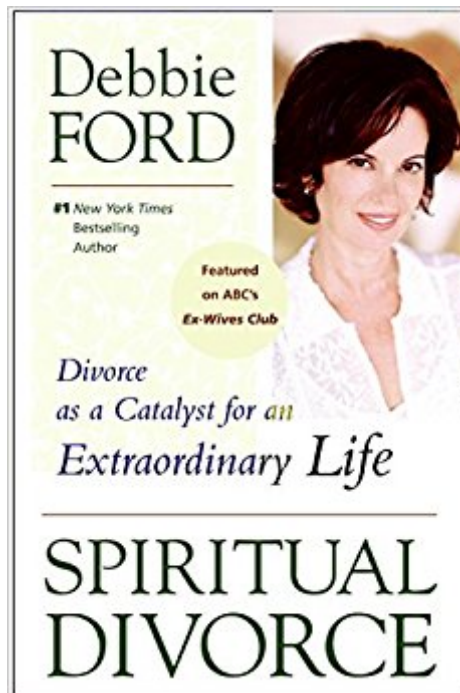




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# Spiritual Divorce: Divorce As A Catalyst For An Extraordinary Life



## Synopsis

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.

## Book Information

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## Customer Reviews

Whether you are the one who leaves or the one who is left, divorce is a painful, wrenching experience, explains author Debbie Ford. Since Ford is comfortable dwelling in the shadow side of life, it's not surprising that she believes that the excruciating pain of divorce can lead to enormous spiritual growth. "Emotional turmoil can be a powerful catalyst to reconnect us with our divine nature," she writes. "It propels us into a journey of self discovery and urges us to learn how to love and accept our entire being." Herein lies the promise of a "spiritual divorce." Because Ford is a highly effective workshop leader, she has a knack for breaking down spiritual matters into manageable bites. She is also willing to share the truth of her own painful divorce, allowing readers to see her initial pain and consuming resentments. Ford divides her book into seven laws, beginning with the "The Law of Acceptance," where readers are asked to imagine a benevolent divine order at

play rather than taking a blaming stance. In the section titled "The Law of Responsibility," Ford encourages readers to gently begin the process of taking responsibility for their own darkest qualities. This is the thrust of Ford's highly respected shadow work--illuminating the dark side so we can stand in divine light. Each section ends with "Healing Action Steps," where Ford suggests specific exercises or meditations. For example, in the final chapter Ford asks readers to make a new "divorce vow" that is a lifelong commitment to one's highest self. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Despite the deluge of books on divorce, Ford (The Dark Side of the Light Chasers) still manages to offer a fresh perspective on this difficult and potentially devastating experience, which she identifies as "one of the darkest times in most people's lives." Calling on the popular tenets of 12-step programs and A Course in Miracles, Ford advises readers to view divorce as a "spiritual wake-up call" that "propels us to a journey of self-discovery," an opportunity to learn the lessons sent by the Universe or God, to "align with the destiny of our higher selves [and] our soul's purpose." While these tenets are no longer new, Ford applies them for the first time in this area, guiding readers with her Seven Spiritual Laws: Acceptance, Surrender, Divine Guidance, Responsibility, Choice, Forgiveness and Creation. Her clear and uncomplicated structure makes it easy for readers to absorb the underlying principles through meditation, prayer and the "healing action steps" presented at the end of each chapter. A workshop facilitator with the Chopra Center for Well Being, Ford knows the self-help/divorce audience intimately. Her first-hand experience of her parents' divorce as well as her own lends authenticity and empathy to what would otherwise be an abstract philosophy. Her voice is positive, encouraging, understanding, loving toward self and others and deeply personal, making this a better book than her first one; it could well become recommended reading for all divorcing couples. (Feb.)Forecast: The success of Ford's first book and her affiliation with Deepak Chopra will, along with her 12-city lecture tour, spur interest in this worthy book and prompt healthy sales.Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

A good read and helpful for me at this especially difficult time ending a 31 year marriage. While we break the physical connection in the process of the divorce action, the higher spiritual connection often has a greater hold for you. ' Hold' is the appropriate word in my case, my never ending hope and loyalty, my never give up attitude and way to responsible self, they held me like an invisible hook and kept me in a horrid situation for far too many long, lonely and painful years. Even though I

knew I wasn't safe being there, just a waiting game of constant watching for his moods to switch and then the explosions started. This 'connection', the hooks of what kept me there has to be addressed. I won't say it is easy in any way. Only when all ties are cut and you're free on all levels including spiritually, only then will you finally break the chains, move on and start to heal. The longer divorce takes, the pain will remain. You need all the support you can get going through this. This book is one of those supports. I certainly needed to read this book, it was a highly challenging time and took over 2 years to finish, sadly my ex chose a destructive path to cause the most harm. To all the strong, courageous woman that live with this, or have left similar situations, I commend you. I congratulate you. Find your joy and live a lighter and safe life!

As a coach trained in Debbie's Spiritual Divorce process, I use this book extensively. Not only are the pages in my personal copy completely highlighted, I send a copy to everyone experiencing heartache. When you work the concepts taught in this book, they will free you from the pain of your past. Even if you're not going through a breakup, what you will learn in this book will equip you with advanced relationship skills that will serve you in all areas of your life - not just your romantic partnerships.

Don't let the title of this book convince you that it's only for people who are divorced or divorcing. The content and concepts of this book can be valuable for anyone experiencing significant loss or separation of any kind. The 'Seven Spiritual Laws of Divorce' that form the foundation of the book, can easily be read as 'the seven laws of spiritual healing', or similar. They provide a step by step process for moving through the healing of a broken heart, no matter what the cause. Though I'm still happily married to the only woman I've ever wed, I often reference the laws and concepts of this book to assist me in living responsibly, creatively and gratefully. The Law of Surrender is one of my favorites, as it regularly helps me remember to cease resisting my life as it is, and trust that I'm loved held and supported by something larger than myself. If these ideas resonate with you, please go to: [...] for information on other useful materials and trainings.

Many good moments and insights. A little uneven in narrative. Real life examples or narratives could have been expressed better. Definitely disagree that everything is or happens as it "should". Fate or what happens are not put in our paths for a reason. Life just is. Learn from it so you can move on and grow. God or the Universe or goodness help us.

Honestly I never finished reading it. I just couldn't get into it. Not impressed with this. Maybe one day I will read it but doubtful that I will now since I am engaged and have moved on. I'd skip this one.

This book is amazing and I scoured the shelves of bookstores and online to find something that really spoke to me. I continue to recommend it and it is a loving way to move on, in spite of pain and heart ache. The exercises may seem boring or trite, yet they help to see how we make the choices that we make and how to empower ourselves to feel our feelings, speak up and be respectful all at the same time. If you are looking toward a spiritual path this is your answer!!! Divorce is not something I planned on, nor something I would ever want anyone to go through and yet this was one of those "life savers" or "life preservers" that helped me to move forward and do it with dignity. Taking responsibility for my actions, even when I didn't want to. This book is profound and should be sold everywhere. Thank you, Debbie, that you could share your intimate experience and I could be so touched by it and relate to everything you expressed. I am forever grateful! My friends who have gone through divorce have also expressed their thanks for lending it to them!

Debbie Ford has accomplished a task that is seemingly impossible to do. She has used her own experiences, and written a book (Spiritual Divorce) that provides the reader a light during a very dark time, gently, logically and with great insight, guiding you from a place of despair to a world of wondrous and unlimited opportunity. I am not a religious person and, given the book's title, I almost did not read this book that was presented to me as a gift during a very troubling time in my life. I am so thankful that I did read it. I have often referred to this book as the map that saved me by showing me the way out of a deep and dark place that I, and so many others, had found myself in. What I would say to anyone chancing to read this, is that as devastating as divorce can be to your life, and the many lives around you, it can also be used to set down the first block of a strong foundation to a wonderful and bright future. Let Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life show you how to do this, and use this book as a map to find your way.

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