

Shifts To Be Stronger, Smarter, Happier After Divorce

Divorce is a life-altering event that can leave you feeling lost, heartbroken, and unsure of what the future holds. But it is also an opportunity for growth, healing, and reinvention.

In her groundbreaking book, **Shifts To Be Stronger, Smarter, Happier After Divorce**, renowned divorce coach and therapist Victoria Halfant guides you through the five essential shifts you need to make to heal from your divorce and create a fulfilling life beyond it.

Based on her years of experience helping thousands of clients navigate the challenges of divorce, Halfant has identified the five key areas where people struggle most after divorce:



Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce by Deb Purdy

★★★★☆ 4.6 out of 5

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| Language | : English |
| File size | : 537 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 154 pages |
| Lending | : Enabled |



1. Emotional Healing

2. **Self-Esteem and Identity**

3. **Relationships**

4. **** finances****

5. **Career and Purpose**

For each of these areas, Halfant provides practical tools and exercises to help you:

- understand the emotions you are experiencing
- rebuild your self-esteem and identity
- create healthy relationships
- manage your finances
- find a fulfilling career and purpose

Halfant also shares inspiring stories from her clients who have successfully navigated the challenges of divorce and gone on to create happy, fulfilling lives.

If you are going through a divorce, or know someone who is, **Shifts To Be Stronger, Smarter, Happier After Divorce** is the essential guide to healing and reinvention.

About the Author

Victoria Halfant is a renowned divorce coach and therapist who has helped thousands of clients navigate the challenges of divorce and create fulfilling

lives beyond it. She is the founder of the Halfant Institute, a leading provider of divorce coaching and therapy services.

Halfant is a sought-after speaker and media expert on divorce and relationships. She has been featured in The New York Times, The Wall Street Journal, The Washington Post, and on The Today Show and CNN.

Halfant is the author of several books on divorce, including **Stronger, Smarter, Happier After Divorce** and **The Co-Parenting Handbook**.

Endorsements

“**Shifts To Be Stronger, Smarter, Happier After Divorce** is the most comprehensive and practical guide to divorce recovery that I have ever read. Victoria Halfant provides invaluable tools and exercises to help you heal from your divorce and create a fulfilling life beyond it.”

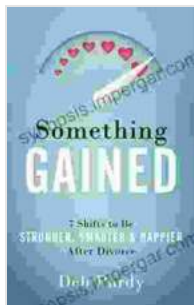
— **Dr. Phil McGraw**

“Victoria Halfant is a brilliant therapist and coach who has helped countless people navigate the challenges of divorce. Her book, **Shifts To Be Stronger, Smarter, Happier After Divorce**, is a must-read for anyone who is going through a divorce.”

— **Marianne Williamson**

“**Shifts To Be Stronger, Smarter, Happier After Divorce** is an essential guide for anyone who is going through a divorce. Victoria Halfant provides compassionate and practical advice to help you heal from your divorce and create a brighter future.”

— Gabrielle Bernstein



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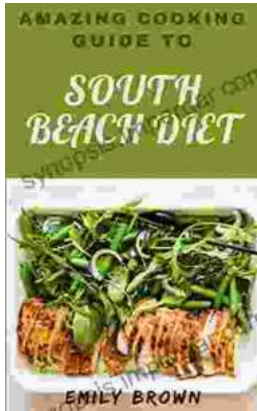
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