



# The Guys-Only Guide to Getting Over Divorce and on with Life, Sex, and Relationships

*Sam J. Buser, Glenn F. Sternes*

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A man's guide to recovering from divorce and starting a new life. When it comes to getting one's life back together after divorce, most advice is geared toward women. Written by two psychologists who have worked with men for over 40 years, this book gives guys straight advice on how to minimize conflict, reduce harm to children, face secret fears, and start new relationships. From "Ex to Sex" (and everything in between) this Q&A coaching covers answers to the top 215 questions men ask when dealing with divorce—from kids, to lawyers, to emotions, to dating. Unique, lively, easy-to-read Q&A format.

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