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Crazy Time: Surviving Divorce and Building a New Life, Third Edition

Abigail Trafford

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Thoroughly revised and updated for a new generation, the essential guide for men and women to help them weather the turmoil of divorce and build rich, rewarding lives.

There is nothing easy about the breakup of a marriage, from coping with loss and failure to dealing with the uncertainty of the future. In this intelligent and insightful book, Abigail Trafford charts this emotional journey, identifying the common phases in the evolution from marriage to separation to divorce, and eventually to a new life.

Based upon her personal experience, extensive research, and interviews with hundreds of divorced men and women. Trafford offers individuals a better understanding of their own experiences and the message that they are not alone in their pain and confusion. *Crazy Time* is also an investment in the future—Trafford reveals the telltale signs of a marriage in crisis, and discusses what determines whether a relationship will survive over time.

This revised edition includes the most up-to-date research on the personal and economic effects of divorce in adults and children's lives, addresses the special challenges of becoming single again in the age of the Internet, and broadens the experience of divorce to the breakup of all committed relationships. For anyone who has divorced or is considering taking that step, *Crazy Time* offers a sense of hope and confidence that this transition is not only an ending but can also be a valuable beginning.

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