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## Surviving and thriving after divorce

*New Chicken Soup for the Soul book offers true tales of self-discovery, healing*

**COS COB, Conn.** – Attitudes about divorce have changed as it has become more common in our culture: 40 to 50 percent of first marriages today will end in divorce, and about 10 percent of adults are currently divorced and single, according to the U.S. Census Bureau. From divorce parties, to post-breakup getaway packages, to custom-made divorce cakes, filling the needs of divorcees celebrating their split has become a booming cottage industry. But while many modern singles may feel relieved following the dissolution of their marriage, divorce remains a painful, shocking experience for millions of Americans, who still believe in the words “‘til death do us part.”

Recently divorced from her husband of 27 years, Chicken Soup for the Soul® co-founder Mark Victor Hansen, Patty Hansen knows all too well the life-changing effects of divorce. As editor of *Chicken Soup for the Soul: Divorce and Recovery* (Chicken Soup for the Soul, October 2008, 978-1-935096-21-4, \$14.95), Hansen shares her personal story, along with tales of others who have divorced and emerged stronger, healthier and even happier.

“[My ex-husband] and I still love each other, but it has morphed into something other than a husband/wife kind of love,” Patty writes in *Chicken Soup for the Soul: Divorce and Recovery*. “We share a history and our children, so we will always be connected in a way. I admire his energy and his dedication to making the world a better place. I know [he] cares for me -- after all, I am the mother of his children and someone that he can depend on if he needs me. We just don’t belong together anymore.”

*Chicken Soup for the Soul: Divorce and Recovery* shares stories of real men and women who each experienced their own, unique version of divorce. Like the Hansens, some found a way to remain friends with former spouses, while others were able to finally find their true selves in single life.

“Through my divorce, I learned to become the person I was meant to be,” writes contributor Catherine Graham. “I went on a journey, deep into my soul and met the me who I had left behind so many years ago. I realized I am beautiful, capable of love and of giving love in effortless amounts.”

In *Divorce and Recovery*, you’ll read about:

- How author Marcy Darin and her ex-husband decided to switch residences twice a month, rather than shuttling their children back and forth
- Author Laurie Perry’s “Cheat Sheet of Grief” for helping a loved one in a dark, post-divorce period
- How author Steve Hern and his wife remained committed to each other’s happiness, even after their marriage had ended
- How author Melinda L. Wentzel learned to trust again after divorce, and find love again

*Chicken Soup for the Soul: Divorce and Recovery* (Jack Canfield, Mark Victor Hansen, and Patty Hansen) released October 7, 2008. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world’s premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: [www.chickensoup.com](http://www.chickensoup.com).

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To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Divorce and Recovery*, please contact Rusty Shelton at (512) 785-4469 or [rusty@sheltoninteractive.com](mailto:rusty@sheltoninteractive.com).