



FACT SHEET

WHO: Sarah Madden Armstrong (Author & Recognized Marketing Industry Thought Leader)

WHAT: *The Mom's Guide to a Good Divorce: What to Think Through When Children are Involved* (Book)

WHY: Child therapists, attorneys, and judges agree that it is best to minimize the impact of divorce on children. In order to do this, it is imperative that couples work together to make the divorce as amicable and as fair as possible.

WHERE: www.gooddivorce.guide, www.amazon.com, www.barnesandnoble.com, www.bookdepository.com (retail and online). This book is available in paperback and e-book (iBook, Kindle, & Nook).

PUBLISHER: Life Journey Experiences, LLC (224 pages / ISBN: 13: 978-0-9975613-0-2)

SUMMARY:

The Mom's Guide to a Good Divorce offers creative approaches to navigating the pre- and post- divorce process in an effort to help put your divorce in the category of a "good divorce." The book is written in an easy-to-read, conversational tone from one mom to another, serving bite-sized pieces of guidance to parents who wish to mitigate the negative consequences of divorce on their children (and themselves).

The book offers key learnings meant to prepare you for key decisions you need to make, ranging from thinking through legal and finance considerations and best approaches to communicating with a former spouse to envisioning your post-divorce lifestyle and how to make it a reality, while keeping your children as the focus. It is a life-long journey.

ABOUT SARAH:

Sarah attended Georgetown University as a scholarship athlete earning a Bachelor of Science degree from the School of Business Administration with a major in Marketing. She worked with The Coca-Cola Company for twenty years in Global Marketing and led the company's approach to Agency Management. Her work has been recognized as industry leading around the world...resulting in Sarah being named one of Ad Age's "Women to Watch" and "Ten Who Made Their Mark" in 2009. Sarah recently joined a leading global management consulting firm as a Partner to advise clients around the world on agency management.

Sarah loves traveling the world...managing the juggling act of being a working mom...while raising her daughter, Grace.

TO SCHEDULE AN INTERVIEW WITH SARAH ARMSTRONG: Gaye Carleton, Gaye@MantraPublicRelations.com
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