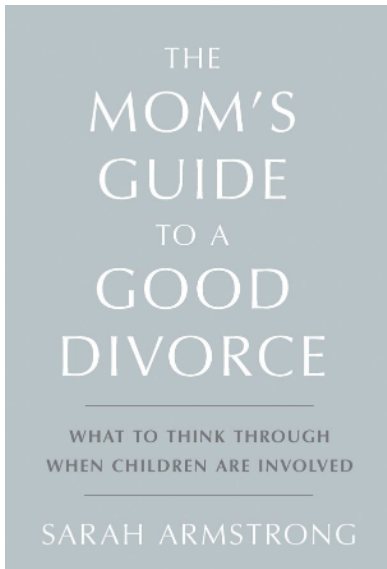


# The Mom's Guide to a Good Divorce



The Mom's Guide to a Good Divorce is a practical guide for any woman going through a divorce, filled with everything she needs to think through in order to always do what is best for her children.

The guide is written in a conversational tone from one mom to another. Served up in bite-sized pieces, the goal is to help women with children navigate the entire divorce process and post-divorce phase in a manner that will ultimately put it in the category of a "good divorce."

"Sarah was one of the first people I called when I realized I was getting a divorce. I could not be more grateful for Sarah's advice on how I should navigate a new, post-divorce world with my daughter. Which leads me to wonder...how do the other millions out there figure it out if they cannot call Sarah? People need to hear Sarah's guidance in her own captivating voice. It is innovative. It is positive. It needs to be shared with those who need it."

-Kathryn Stockett,  
Author, *The Help*

"A worthwhile read for therapists working with parents and their children who are going through or affected by divorce."

- David Alexander,  
Professional Counselor, Atlanta

## About the Author



Sarah Madden Armstrong never expected to write a book. She has a degree in marketing and played volleyball on scholarship at Georgetown University. Throughout her career, Sarah has worked in global marketing where she is viewed as an industry leader in her area of expertise. She loves traveling the world... managing the juggling act of being a working mom... while raising her daughter, Grace.



## Book Details

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