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THE MOM'S GUIDE TO A GOOD DIVORCE OFFERS GAME-CHANGING ADVICE FOR POST-DIVORCE SUCCESS

Practical guide debunks myth of 'Broken Home' with helpful tips and often neglected details on successful co-parenting during the most challenging time for a family.

ATLANTA – July 12, 2016 – Divorce is one of the most stressful things a couple can endure, but when children are involved, that stress is magnified tenfold. Numerous studies have shown that the degree to which children are affected is greatly dependent on their parents' behavior throughout the process. All too often parents get so consumed with their own chaos that they neglect their children's emotional well-being. And with more than two million people getting divorced each year in the U.S. alone, it's time to figure out a better way to navigate this path.

Fortunately, thanks to a new book by Sarah Armstrong, parents going through a divorce can be guided in the right direction to make the process kinder, healthier and more manageable for everyone.

THE MOM'S GUIDE TO A GOOD DIVORCE (June 2016, Life Journey Experience, 208 pages) is filled with useful tips and the practical advice every parent in the midst of a divorce needs to hear. A successful global marketing executive at The Coca Cola Company for almost 20 years, Armstrong wrote the guide as a way to share her journey with couples caught in ongoing battles after her own divorce in 2009. Her success story raising a well-adjusted daughter has been the result of a healthy and positive co-parenting approach she and her ex-husband have implemented along the way, so much so that she was touted by her friends as "a poster child for a good divorce."

The Mom's Guide to a Good Divorce outlines every step of the divorce process, offering valuable information at each stage of the game: preparing for the change, during the change, and post the change, while feeding the reader pearls of wisdom and small details often overlooked by a couple in the throes of the process. Written in bite-sized segments, Armstrong's wisdom is thoughtful, thorough, and poignant.

Specific tips include:

- Preparing for the divorce process
- Helping children manage their lives between two homes
- Navigating details relating to finances, childcare, and travel
- Handling holidays, birthdays, and school events
- Managing gift giving from your children for your ex
- Experiencing a year of firsts...and more

The Mom's Guide to a Good Divorce has a scheduled release date of July 18, 2016 and is priced at \$18.99. For a review copy or to schedule an interview with Sarah Armstrong (currently booking in New York, Los Angeles, Chicago, and Atlanta), contact Adina Kalish at 404.425.0306 or email adina@askproductionsllc.com.

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