

**THE MOM'S GUIDE TO A GOOD DIVORCE:
What to Think through When Children are Involved**

By Sarah Armstrong

FACT SHEET

WHO: Sarah Madden Armstrong, Atlanta, GA

WHAT: *The Mom's Guide to a Good Divorce* 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.momsguidetogooddivorce.com, 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

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.

Throughout the book, you will see how staying focused on trying to achieve a good divorce can benefit you and your family. 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 Worldwide Agency Operations for eleven years. Her work has been recognized as industry leading around the world...resulting in Sarah being named one of Ad Age's "Women to Watch." Sarah recently joined a leading global management consulting firm as a Partner to advise clients around the world on agency management.

Sarah divorced eight years ago and is the mom to a 15 year old daughter, fittingly named Grace.

TO SCHEDULE AN INTERVIEW WITH SARAH ARMSTRONG:

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