



Daily Meditations for Healing from Divorce: Discovering the New You

Marlene A Pontrelli

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Daily Meditations for Healing from Divorce: Discovering the New You Marlene A Pontrelli

A divorce can be one of the most traumatic, stressful events a person can experience, forever changing every aspect of life. It affects your parenting, family relationships, friendships, finances, and even your personal belongings. But for many, these changes can seem minor when compared to the jolt of emotional distress one may feel when experiencing the “death of a relationship.”

Family law attorney Marlene Pontrelli knows the road you’re traveling. After more than thirty years of practice, she has guided hundreds of individuals through the maze of divorce. She knows divorce is more than just a legal action.

In *Daily Meditations for Healing from Divorce*, Pontrelli addresses the emotional side of ending a marriage. She offers daily meditations filled with uplifting advice that will comfort and guide you toward acceptance of a new beginning filled with opportunities.

A Personal Meditation for Each Day of the Year

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