



Men After Separation: Surviving and Growing When Your Relationship Ends (Paperback)

By Ian MacDonald

Finch Publishing, Australia, 2006. Paperback. Condition: New. Language: N/A. Brand New Book. Men After Separation is for men whose relationship has been ended by their female partner, and who find themselves struggling to deal with the loss. For many men, the ending of a relationship in this way can be truly devastating. Feeling rejected and suddenly rudderless in the world, they can resort to extreme responses as they try to cope - or not - with the situation. Ian Macdonald's sensitive yet forthright approach helps separated men to move beyond merely surviving a difficult experience, and encourages them to grow as individuals and create a new life for themselves. Recounting experiences from his own life and from those of many other men - including men in their twenties, who often have fewer emotional resources to fall back on - Ian suggests a variety of ways to beat the blues and get on with life. Written in a practical and straightforward style, Men After Separation will help men take giant strides along the road to recovery.



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