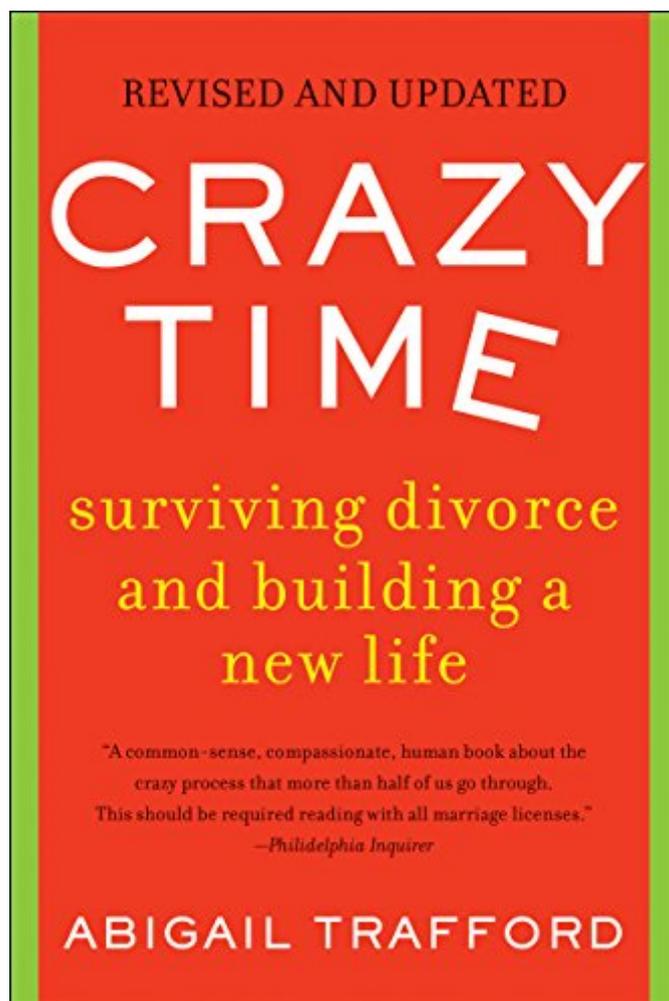


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# Crazy Time: Surviving Divorce And Building A New Life, Revised Edition



## Synopsis

Thoroughly revised and updated for a new generation, the essential guide for men and women to help them weather the turmoil of divorce and build rich, rewarding lives. There is nothing easy about the breakup of a marriage, from coping with loss and failure to dealing with the uncertainty of the future. In this intelligent and insightful book, Abigail Trafford charts this emotional journey, identifying the common phases in the evolution from marriage to separation to divorce and eventually to a new life. Based upon her personal experience, extensive research, and interviews with hundreds of divorced men and women, Trafford offers individuals a better understanding of their own experiences and the message that they are not alone in their pain and confusion. *Crazy Time* is also an investment in the future. Trafford reveals the telltale signs of a marriage in crisis and discusses what determines whether a relationship will survive over time. This revised edition includes the most up-to-date research on the effects of divorce in adults' and children's lives, addresses the special challenges of becoming single again in the age of the Internet, and broadens the experience of divorce to include the breakup of all committed relationships. For anyone who has divorced, or is considering taking that step, *Crazy Time* offers a sense of hope and confidence that this transition is not only an ending but can also be a valuable beginning.

## Book Information

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## Customer Reviews

Wow- very helpful. For me, it was a good combination of the "theoretical" and the practical. It explains things, but also gives examples of couples- and how their relationships develop/fail. For me, explanation w/o examples gets too dry- like reading a textbook. Yet, JUST hearing stories doesn't generally help me see the underlying principles. Having the two interwoven, as this book does, is really helpful to me. I also felt that the book did a good job of coming down in the "middle"- it seemed kind of like listening to a seasoned counselor who had seen a lot of couples. The easy answers that the counselor might have once offered are gone- because they've seen too many real-life couples to still think that everyone falls into one of the categories that they learned in training. Yet, the counselor hasn't just given up, and said "It's all so complicated." Instead, they've been able to draw, from all of their experience, some common themes of problems/solutions. BEST of all, I felt like the author communicates well. She organized things nicely: the book talks about various topics in turn- and the chapter title makes clear what it's about. Furthermore, the examples are very believable: they sound like real people- a bit of good and a bit of foolish in each of the people in the relationship. Thankfully, too, she doesn't become moralistic or preachy- so again, I felt like I was listening to a wise and seasoned counselor, not someone with an agenda to convince me of something, or to get me to live my life in a certain fashion.

A goldmine and a serious work on divorce. The sample stories of real life people that went through the hell of divorce (and some that didn't) was invaluable. These stories were used to explain the varying stages of divorce and the emotional toll it takes - that goes in stages, too. We're humans and we're all different, yet we share so much in common. This book is for the person contemplating divorce (even just the passing thought of it) and the person that has gone through it already. It was very pertinent (about 90 percent of the book) and I gained a lot of knowledge and relief from reading Crazy Time. My best friend recommended it to me and she's most likely going to stick to her marriage after her hubby cheated. I got a divorce. The book is/was relevant to both of us.

I finished reading Crazy Time in the Pgh airport en route to a long-overdue week's vacation. I thank a new acquaintance for recommending it. I may even read it again when I feel emotionally adrift. It served as the voice of reason & backbone helping me navigate a couple of BIG tasks as recent as yesterday. Saying thank you hardly seems to accurately express. I came away from the read

encouraged. I even shared the title with our collaboration counselor, who was unfamiliar & enthusiastically wrote it down. So, thanks to the author. And thanks to my new friend. And, most of all, thanks to my support system that surfaces in the wake of my upheaval. There's a special place in heaven for all for lightening my load.

Something to hold on to, especially right after the defining moment when you've made the decision to split. I go back to it a lot and read parts that pertain to whatever crazy time I'm in. It makes you feel less alone and unmoored. I'm looking forward to when I'm in the space covered in later chapters about resolve and less crazy time.

It's a good book to read. If you are wearing the shoes I wear of this being nothing like the life you wanted for yourself, it's just a book that reads easy and gives some insight into life and examples of others. Totally would say pick it up. It was my therapist who said to read it and it's worth a read for anyone even just getting married even. Puts a little perspective on marriage and this crazy notion that it's all going to be perfect and lovely when reality is most of them are not.

Awesome. Every divorced couple and anyone looking for a relationship should read this. This book could be beneficial to anyone. Helps you take a good look at yourself as a person and 1/2 of a couple.

I'm in mid divorce and am going through "Crazy Time". It's very enlightening. As I'm reading in recognizing the different phases I've been through, it's comforting to know that all these feelings and thoughts are not uncommon!

Containing statistics, personal stories and light-lending narrative - this book has the ability to help alter your personal perspective on divorce and remind you that you are not alone. Whether you are separating, going through the divorce or have legally completed a divorce this book comes highly recommended. I was NOT disappointed.

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