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When Your Ex Doesn't Follow The Rules: Keep Your Sanity And Raise Happy, Healthy Kids



Synopsis

End the Co-Parenting War Do you find co-parenting with your ex to be a constant struggle? Does it seem like he fights you every step of the way - sometimes just for sport? Are you worried that you cannot go on like this for the next 10-15 years and that your bank account will be empty from the legal costs? And are you concerned about your children's mental and emotional health? In *When Your Ex Doesn't Follow the Rules*, Maureen Doyle combines client success stories with powerful coaching techniques that will change your post divorce combat zone into a place of peace. Get clear on what you want and what you will no longer tolerate. Learn to trust the wisdom of your body and use it as a valuable ally in decision making. Learn to quiet the mind and silence the critics in your life. Use anger as a call to action and not as an energy drain. Identify what you can control and stop trying to control the rest. Improve your communication with your ex. Begin to see yourself as the hero of your own story instead of the victim.

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Customer Reviews

"Reframe your struggles as growth opportunities" these are wise words for dealing with many

frustrating situations and people. Maureen Doyle's book is full of strategies to help navigate life with a difficult ex, but they are equally effective for dealing with difficult co-workers, difficult in laws, any difficult people that are hijacking your peace of mind. Her stories, advice and exercises help you to reimagine and rewrite your story, and steer the ship, that is your life, to the island of possibilities - Thank-you Maureen for this powerful little book!

Most people envision their lives being married, having children and living happily ever after. Except, sometimes that bit about living happily ever after is no longer a reality. For many reasons, people divorce and are left with a new reality of being a single parent trying to co-parent their children. This works out fine for some, but what happens when your ex no longer plays by the rules? How are you and your children going to survive? Maureen Doyle has written a book from this unique perspective. She helps you see clarity, envision your future and make your dreams become a reality. She offers guidance for you this difficult situation that will allow you to stay in control of your life and be the best person you can be. This book made me conscious of the choices I have. It made me think about my situation in life and helped me envision where I want to be in my future. You do not need to be divorced or going through a divorce to fully appreciate this book. It is a quick read that will likely have a lasting effect. I would recommend this to anyone who has ever had difficulty in a relationship. It is well worth the read!

This is a small book that packs a big punch. Doyle's real-life client scenarios help readers anticipate how they might handle the same situation should it come up in their own lives. The author reminds us that when co-parenting we need to focus only on the things we can control, to always put the children first despite your ego, to trust your instincts, and to stay out of your ex's business. I'd recommend this book to anyone going through a divorce or any challenging interpersonal situation.

Maureen Doyle delivers a book that has application in 360 degrees of life! I can now help my friends in these scenarios with advice, strengthen my own relationships, and understand where they are coming from. Enlightening and powerful. Bravo!!!!

Applicable to not only those who have experienced the trauma and drama of divorce, but also for those who are simply trying to deal with difficult people or situations, *When Your Ex Doesn't Follow the Rules* is full of sage advice and actionable steps that make for a more fulfilling life and healthier relationships. This book provides a heaping dose of inspiration and hope for reconnecting

to your authentic self after signing your divorce papers. By sharing healthy actions and positive habits from her own experience and her clients' stories, Maureen provides a road map to wholeness for others to become the archeologist of your own mind and life. As Maureen says, "You are the best expert in your life. So please, step up and take charge." Read this book. Take charge of your life. By doing so, and following the affirmative practices Maureen so compassionately shares, you will be on your path to a "Hell yes!" kind of life and will be leaving "Hell no!" to those negative energy drains that hold you back from being all you are meant to be " for you . . . and your kids!

I could not have read this book at a better time! If you can't get along with someone while you're married, there is a good chance matters will only become more difficult after divorce. This book shows that you can't change a manipulative, abusive, narcissistic, argumentative person but you can change your response to those types of people in a way that will ultimately diffuse conflicts & bring you peace. I highly recommend this read if you are struggling to communicate with & rationalize with ANY irrational person...ex-spouse, co-worker, family member, or friend. You will come away with so many lessons & tips to help you set boundaries with toxic people so that their behavior doesn't ultimately damage the quality of your life. Thank you, Maureen, for making this such an easy, relatable read & for sharing your story!

"Repetitive thoughts make ruts in our brains called neuropathways and since our brains are very efficient, these old thoughts will continue to run over and over again." In this small but powerful book, life coach Maureen Doyle challenges readers to replace thoughts that bring them pain and bog them down with ones that give them strength. Through sharing client stories and helpful techniques, Maureen outlines how to take charge of your life and bring about positive change.

Maureen has the gift of relating to others and after reading her book, I understand why. She has found peace amidst the chaos of co-parenting and more importantly knows how to help others achieve it for themselves. I don't have an ex, yet still plan on going through the exercises because the practices she outlines will benefit all to live a more intentional and joyful life!

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