

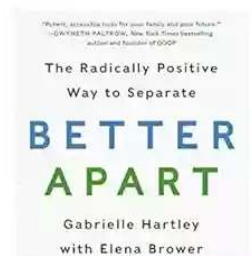
Discover How to Separate in a Radical and Positive Way with Better Apart

Breaking up is never easy for anyone involved. It can be an emotional rollercoaster filled with anger, resentment, and heartbreak. But what if there was a better way to separate? A way that promotes growth, self-reflection, and positivity. Introducing Better Apart - the radically positive way to separate.

Separation or divorce doesn't have to be a negative experience. It can be an opportunity for personal growth and transformation. Better Apart is a revolutionary approach that focuses on emotional well-being, effective communication, and collaborative problem-solving to ensure a smoother and more positive separation process.

The Philosophy behind Better Apart

Traditional separations often involve battles, arguments, and legal disputes that leave both parties feeling bitter and drained. The founders of Better Apart believe in a more holistic approach to separation, one that prioritizes positivity, respect, and mutual understanding.



Better Apart: The Radically Positive Way to Separate by Gabrielle Hartley (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English
File size : 1223 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 244 pages



With Better Apart, couples are encouraged to view separation as a chance for self-discovery and personal development. The process involves various therapeutic techniques and innovative tools designed to foster emotional healing and promote healthy communication among both partners.

How Better Apart Works

The Better Apart method encompasses various stages that guide couples through the separation process in a positive and transformative manner. These stages include:

1. Acceptance

The first step towards a positive separation is accepting the reality of the situation. Better Apart helps individuals acknowledge their emotions, let go of blame, and find closure.

2. Setting Clear Intentions and Goals

A key aspect of Better Apart is setting clear intentions and goals for the separation process. Couples are encouraged to envision a better future and work towards achieving it together.

3. Transformative Communication

Communication is vital during separation, and Better Apart focuses on teaching couples effective communication techniques. Through therapy and workshops, individuals learn how to express their needs, listen actively, and find common ground.

4. Co-Parenting with Compassion

For couples with children, co-parenting is a crucial aspect of a separation. Better Apart offers guidance on how to co-parent with compassion, ensuring the well-being of the children involved.

5. Financial Empowerment

Money can often become a point of contention during separations. Better Apart helps individuals gain financial empowerment, teaching them how to make smart financial decisions and create a stable future for themselves.

6. Closure and Future Planning

Once the separation process is complete, Better Apart assists individuals in finding closure and planning for the future. It focuses on helping individuals move forward with confidence and optimism.

The Benefits of Better Apart

Better Apart has numerous advantages over traditional separation methods. Some of the key benefits include:

1. Emotional Healing

Through therapeutic techniques, Better Apart encourages emotional healing, allowing individuals to move on from their past and thrive in the present.

2. Healthy Co-Parenting

The approach adopted by Better Apart promotes a positive co-parenting dynamic, ensuring the well-being of the children involved and fostering a supportive environment.

3. Reduced Conflict

By prioritizing effective communication and collaboration, Better Apart helps minimize conflict between separating partners, leading to a smoother and less adversarial separation process.

4. Enhanced Self-Reflection

Better Apart encourages self-reflection and personal growth, empowering individuals to become the best version of themselves.

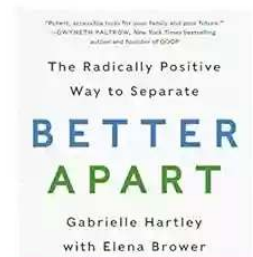
5. Improved Financial Stability

Financial empowerment is a vital component of Better Apart. By gaining valuable financial knowledge, individuals can make informed decisions and build a stable future.

Start Your Positive Separation Journey with Better Apart

Separating doesn't have to be a negative and soul-crushing experience. Better Apart offers a radically positive approach to separation, where growth, healing, and collaboration are at the forefront. Discover a new way to separate, and create a brighter future for yourself and your loved ones.

So, are you ready to embark on a journey of personal growth and transformation? Better Apart is here to guide you every step of the way.



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“Potent, accessible tools for your family and your future.” —Gwyneth Paltrow

Marital strife and divorce can be your chance to profoundly transform yourself, your mindset and your relationship with a more harmonious and steady vision.

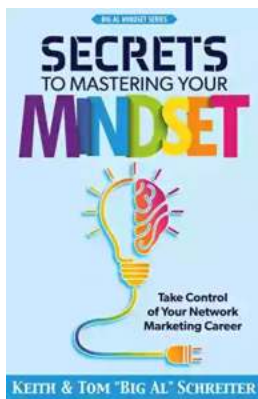
While many of us may be better together, some of us can actually become better apart.

What if you emerged from your divorce stronger and more resilient than ever before? Better Apart is the first book to apply the life-changing, healing wisdom of meditation and yoga, combined with practical advice, to help anyone going through the painful and seemingly intractable realities of divorce.

Gabrielle Hartley and Elena Brower are warm and caring guides who can help you compassionately part from your partner. Whether your separation is amicable, or your ex is combative, Better Apart can help you find peace, calm, and hope. Blending practical advice from a legal perspective together with spiritual wisdom, Gabrielle and Elena are experts and realists who have created a simple five-step process that uses original meditations, perspective-shifting exercises, and fresh suggestions to help navigate the common legal and emotional pitfalls of divorce. Don't worry if you've never tried yoga or mediation; Gabrielle's insight buttressed by Elena's practices and exercises are accessible for all. Together, they show you how to meaningfully shift your mindset and to move forward though any—or all—parts of this emotionally fraught process.

Better Apart radically reframes the way couples experience, execute, and recover from when “for better or worse” is no longer an option, and helps you find the

road to a new mindset and better life.



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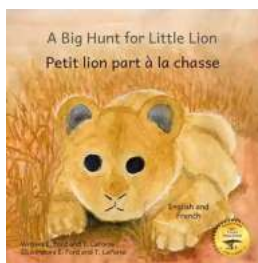
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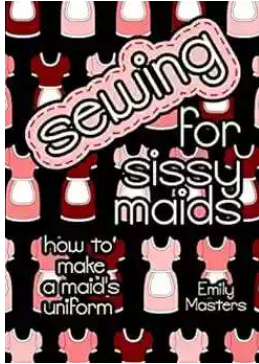
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