

# Getting Through (And Beyond) Divorce

*Divorce lawyer and breakup coach offers no-nonsense advice to help women avoid getting sucked into the "Divortex"*

## Break Free From the Divortex: Power Through Your Divorce and Launch Your New Life by Christina Pesoli

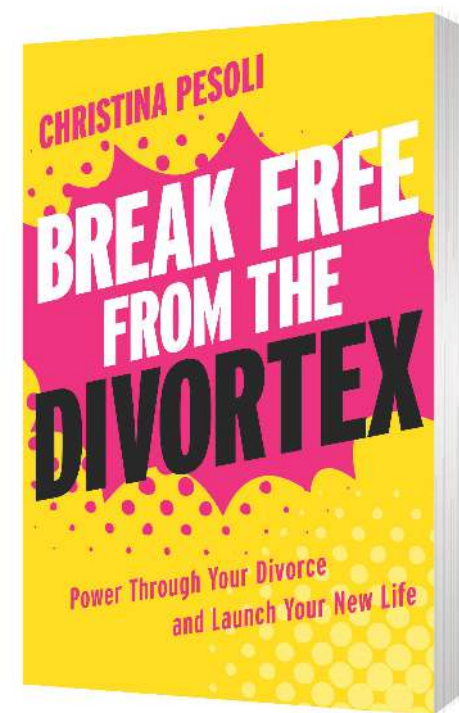
When women seek out Christina Pesoli, they're looking for help. They want to know how to break free from the "divortex"—the gravitational pull forcing all their thoughts and energy to endlessly orbit around their divorce and their ex.

Pesoli, a family lawyer in Austin, Texas, does for divorcing women what childbirth class does for pregnant women: she provides an overview of what they're up against and the training to get through it. She helps divorcing women navigate legal issues, personal stresses, and the strain of putting their lives (and the lives of their children) back together. In her book, *Break Free From the Divortex*, Pesoli rolls her advice and survival tips into one relatable guide, teaching women how to:

- Avoid blow-ups with their ex by employing a "less is more" approach to communication
- Choose the right divorce lawyer and get the most for their money while keeping costs down
- Prepare for post-divorce dating—without repeating past mistakes

Pesoli has experienced many of these issues first-hand, having been divorced herself. When she first started coaching women going through a divorce, she noticed some very clear patterns—common mistakes women made that not only cost time and money but also jeopardized custody issues and settlement outcomes. She says, "I realized that there is a dangerous chasm between the domain of divorce lawyers and the theater of therapists. In this unmapped territory, no one is there to lead the way because divorce lawyers are too expensive and therapists are not always mindful of the ramifications of certain behavior when you're party to a lawsuit. In this no-man's-land, women often stumble into traps and trip over land mines that complicate their divorces and drive up their legal bills."

In *Break Free from the Divortex*, Pesoli is equal parts drill sergeant and big sister, offering practical tips and no-nonsense advice to help women come out on top—with their finances and their sanity intact.



### BOOK DETAILS

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## About the Author

Christina Pesoli practices family law in Austin, Texas, with Noelke Maples St. Leger Bryant, LLP. She is the founder of Emotional Hardbody ([www.emotionalhardbody.com](http://www.emotionalhardbody.com)), where she provides training to help women avoid common mistakes that make divorce take longer and cost more. She blogs regularly for *Huffington Post* and writes two advice columns: "Emotional Hardbody Answers," in CultureMap Austin, and "Get Over It" in *Divorce Magazine*. She has written extensively on the topics of marriage, relationships, divorce, post-divorce parenting, and post-divorce dating. She is a proud native Austinite, and an even prouder mother of two. *Break Free From the Divortex* is her first book.

## Story Ideas

- How to avoid getting sucked into the divortex - the gravitational pull that forces all your thoughts and energy to endlessly orbit around your divorce and your ex
- Expert and personal advice for navigating legal issues, personal stresses, custody issues and financial settlements during your divorce
- Emotional Hardbody: The Divorce Boot Camp that'll make you drop down and give twenty to come out strong and happier in your new life
- The Modern Wonder Woman: Emotionally strong is the new sexy
- 10 signs you need a Breakup Coach: for example, you compulsively text-bomb your ex, you refuse to put down the carton of ice cream, and you can't get out of bed.
- Navigating the murky waters of post-divorce dating (especially online dating)
- Don't get fooled again: Advice for dating after you've been cheated on
- Mom's new boyfriend: How to balance post-divorce dating and your kids/ Likes more: Dad's new girlfriend
- How to co-parent with your ex (and his new wife)
- Til death do us part: Should you stay in touch with your ex's family?



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