



# Between the Rock of Marriage and the Hard Place of Separating: A Practical Guide and Personal Experience

*Gilli Stephens*

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I offer this guide to you the reader.

Maybe you have picked up this book because you want to leave your partner, have been left or want to pass it on to a friend in need.

I have been here and I was so totally lost I want to save you some of the pitfalls, pinch points and pain. This is not a book full of legal information; you can get that from lawyers, solicitors and citizen advice bureaus. Nor does it set out intending that you will reconcile; there are plenty of organizations, counsellors, books and well meaning friends to help you.

It is written for those of you who are afraid, angry, resentful and in pain. It is for those of you still pretending to the outside world that you are happy but secretly are looking for a way out and may be reading this down the bed with a torch. It is for those of you who have been left and are now swept up in a procedure you do not want, cannot fathom and are hurting through and through.

This book is designed to have each chapter stand alone so that you can dip into the book at the particular topic you want help with - or you can read it straight through, it is all relevant. It is my best shot at giving you an emotional road map, a manual to help you.

There are many books on these subjects but *Between the Rock of Marriage and the Hard Place of Separation*, meticulously crafted by Gilli Stephens, stands head and shoulders above the rest. Not only does Gilli provide real, practical, down-to-earth information but, probably more importantly, she reaches out to those who are caught up in this traumatic and befuddling process, afraid and in pain.

In so doing, she provides a practical step by step approach and constructs an emotional road map and a manual that is not only easy to understand but also extremely comforting. For anyone either thinking of separating or already involved in the process, Gilli will hold your hand every step of the way.

In practical terms she deals with such aspects as the emotional – hope versus fear, fantasy versus reality; the personal – children, family and friends; the legal – marriage versus relationship, separation versus divorce, mediation versus lawyers; money matters – financial division, property and belongings; plus a whole range of additional elements that cover the entire gambit of those dreaded words separation and divorce.

But she also provides the reader with real and genuine hope for the future, how to move positively on in changing and changed circumstances. And in so doing she provides a must-read book for the many, many couples who are in a bad health marriage and are seeking guidance, help and hope.

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