

★“A valuable resource for recently divorced women who need to get back on track.”

—*Library Journal*, starred review

“*The Optimist’s Guide to Divorce* is a straight-talking fount of information for your heart, sanity, and soul during the horrendous slog of divorce. It’s the book (and club) I wish I’d had—peace of mind on every page and more useful than your best friend.”

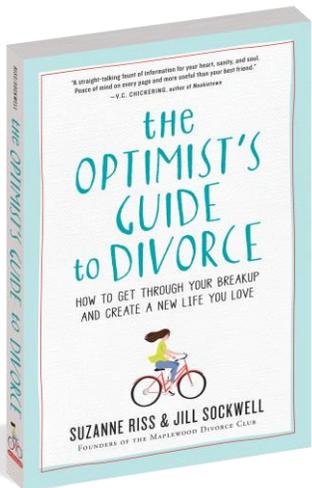
— V.C. Chickering, author of *Nookietown*

“This is not just a book about how to survive the vicissitudes of a divorce; it’s about how to create a better life. Coming out whole on the other side of even the most devastating divorce is more than possible—if you read this book, it’s a sure thing. Riss and Sockwell don’t just point the way, they take you by the hand and make the journey with you. This really is a guide to a new life—to a new you—so enjoy the journey with two very wise guides.”

—Dennis Merritt Jones, author of *The Art of Uncertainty*

“Like having a heart-to-heart with a compassionate, no-nonsense best friend. It’s chock-full of wisdom, practical advice, encouragement, and what every woman in the midst of a divorce needs the most: hope.”

—Cynthia L. Copeland, author of *Good Riddance*



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## THE OPTIMIST’S GUIDE TO DIVORCE

How to Get Through Your Breakup and  
Create a New Life You Love

By Suzanne Riss & Jill Sockwell

FOUNDERS OF THE MAPLEWOOD DIVORCE CLUB

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Approximately 1.5 million women untie the knot in America each year. **Many of them start the process in January, a month when the divorce rate rises by roughly one-third.** Yet the resources available fall surprisingly short in offering the support and sense of understanding that these women need.

Community is the one thing that can turn the shattering experience of divorce into a tolerable—and, ultimately—a positive one. Wise, comforting, and uplifting, **THE OPTIMIST’S GUIDE TO DIVORCE: How to Get Through Your Breakup and Create a New life You Love** ([On Sale: January 3, 2017; \$14.95]) captures the experience of sisterhood through the voices of Suzanne Riss, Jill Sockwell, and their community of women in the Maplewood Divorce Club—women who know what it feels like to go through divorce, who understand the practical issues as well as the emotional ones, and who can help the reader keep a sense of hope and a sense of humor.

When Jill separated from her husband in 2010, she planned to read her way through the pain and learn from the experiences of divorced women who preceded her. What she found were clinical tomes written by counselors and lawyers, and memoirs written by wealthy women who went on worldwide quests of

self-discovery. She did not find uplifting advice from women who survived their divorces and shared their lessons in how to forge a realistic path to a new and better place. That's because this book didn't exist. And when Suzanne started this same process a year later, a mutual friend introduced her to Jill—allowing the two of them to become this necessary resource for each other.

Realizing that other women could use the kind of support they were giving each other, Jill and Suzanne created the Maplewood Divorce Club, offering conversation, a sense of community, guest speakers, and advice. The group was successful beyond their wildest dreams and has been growing ever since.

Community is what Jill and Suzanne offer in their inspiring and brilliantly helpful book, **THE OPTIMIST'S GUIDE TO DIVORCE**. Girlfriend-to-girlfriend, it offers a powerful, uplifting message: **The end of a significant relationship is the best time to introduce positive change in your life**. Packed with practical advice, smart strategies, and memorable personal stories from a diverse circle of twelve women, the book is broken into three sections:

- **Deal** focuses on what readers need to know right away—how to tell the kids, confront finances, figure out where to live, find legal help, and emotionally get through the day.
- **Heal** helps readers work through their anger, loss, and sadness and develop an action plan for the future.
- **Reveal** celebrates the hard work and a new, stronger self with advice on creating your own community, dating, and exploring new relationships.

Brimming with insights, valuable resources, from-the-trenches tips, and sanity-saving takeaways, this book prepares the reader for every phase of divorce, from having “the talk,” to breaking the news to family and friends, to figuring out where to live, to coparenting with an ex, to rebounding and rebooting your life.

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“An excellent, easy-to-read tour of the twisting roads you'll need to travel to get through a difficult divorce in the best shape. Full of practical, compassionate, sometimes humorous, always wise advice from the women of the Maplewood Divorce Club.”

—Lawrence Birnbach, PhD, author of *How to Know If It's Time to Go*

“A clever guide for those navigating through the nightmare of divorce. A must-read filled with great stories, tips, and humor, as well as many different points of view.”

—Jodi Topitz, author of *Seriously! As If Going Through a Divorce Wasn't Bad Enough...*

#### **ABOUT THE AUTHORS**

**SUZANNE RISS** is an award-winning writer, former editor in chief of *Working Mother* magazine, and author of *Working Mom Survival Guide*. She lives in Maplewood, NJ, with her son. Visit Suzanne online: [@suzanneriss](#).

**JILL SOCKWELL** is a former advertising copywriter, top real estate sales agent, leader of the Maplewood Divorce Club, and lifelong optimist. She lives in Maplewood, NJ, with her daughters. Visit Jill online: [@jillsockwell](#).

#### **ABOUT THE BOOK**

**THE OPTIMIST'S GUIDE TO DIVORCE: How to Get Through Your Breakup and Create a New Life You Love**

By Suzanne Riss & Jill Sockwell

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