



Breaking Free: A Step-by-Step Divorce Guide to Achieving Emotional, Physical & Spiritual Freedom

Esq., Rebecca Zung

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Statistics show that one half of all marriages end in divorce, 60% of second marriages fail, and 73% of third marriages end before death do us part. In this groundbreaking book, *Breaking Free: A Step-by-Step Divorce Guide for Achieving Emotional, Physical and Spiritual Freedom*, top divorce attorney Rebecca Zung, Esq. provides a comprehensive divorce roadmap, through daily readings, exercises and meditations, offering tips and tools to navigate this challenging time. By addressing the day-to-day emotions, divorce law, financial ramifications, and the spiritual journey anyone contemplating or experiencing divorce will face, *Breaking Free* provides a fresh approach to the issues readers will encounter. In the first section, "Emotional Freedom," Zung explores the initial mix of feelings that accompany the divorce process - from fear and anger to guilt and resignation- and how to overcome them. In the second section, "Physical Freedom," she simplifies the legal aspects of divorce to arm readers with knowledge on how to handle critical issues such as selecting a lawyer, legal issues such as alimony and child support, and coping through the mediation and trial processes. In the "Spiritual Freedom" section, Zung recommends a variety of tips and tools to empower readers to reach spiritual freedom through forgiveness, laughter, integrity and passion. *Breaking Free* is the Divorce Bible for anyone contemplating or experiencing divorce.

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