



# Break up, Don't Crack up: A Positive Plan for Your Separation or Divorce in Ireland

*Rachel Fehily*

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Ending a relationship is one of the most difficult journeys in life and it can be a bewildering and confusing time. It can also be very expensive. There are so many different aspects to consider. Other books only address one or two aspects of this process but Break Up, Don't Crack Up takes a holistic approach, believing all angles are interrelated, and addresses all aspects: legal, practical, financial, emotional and parenting. Break Up, Don't Crack Up explains alternative routes such as alternative dispute resolution and mediation and helps readers to negotiate the Irish legal system with regard to divorce and separation. It also addresses difficult issues such as domestic violence, child abuse, parental child abduction and lesbian, gay, bisexual and transgender rights. The book helps readers to develop a strategic plan on how to approach their separation, saving them time, money and heartache. It is a practical, solutions-focused approach to all aspects of separation and is an invaluable aid for all those going through this life-altering journey.

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