

CONTENTS

<i>Foreword—Warren Farrell, Ph.D.</i>	<i>ix</i>
<i>Acknowledgments</i>	<i>xi</i>
<i>TRLAGE—What to do first</i>	<i>xiii</i>
<i>SUMMARY—The book in a nutshell</i>	<i>xvii</i>
CHAPTER 1 WHICH DIVORCE PROFILE FITS YOU?	1
CHAPTER 2 THE DIVORCE ROAD MAP—an overview	11
Anatomy of the legal divorce—How the law works against you	
How to beat the legal system	
CHAPTER 3 THE REAL DIVORCE IS FREE	23
Elements of a successful divorce—Creating order from chaos	
From grief to growth—How to reduce conflict and stress	
Tips for getting through a rough time	
CHAPTER 4 TIPS ON DIVORCE LAW—property, support and parenting	49
Keeping the peace—Property, income and debts	
Ten ways to divide property without a fight	
Parenting plans—Child and spousal support	
How to learn more about the law—Tax issues	
CHAPTER 5 STRATEGIES FOR THE DIFFICULT DIVORCE	71
The general rule—When litigation makes sense	
The cost of war—Fear of a sneak attack	
Plan and prepare—The best way to start a divorce	

CHAPTER 6	TEN STEPS TO A BETTER DIVORCE	89
	Safety and stability—Protect children—Early practical steps	
	Money and parenting—Temporary agreements	
	Get organized and take care of business	
	Before you talk to an attorney—Before you talk to your spouse	
	How to negotiate—How to put your agreement in writing	
CHAPTER 7	I WANT SOMEONE TO HELP ME—Who can I call?	129
	Friends and relatives—Attorneys—Help doing what?	
	How to fire your attorney	
CHAPTER 8	HOW TO DO YOUR OWN DIVORCE	139
	How to keep an easy case easy—Cases with agreements	
	Red tape and paperwork—Who can help?	
CHAPTER 9	HOW TO WIN (AND SURVIVE) A LEGAL BATTLE	149
	How to deal with conflict—Damage control	
	Protecting children—Winning strategies	
	How to fight effectively for less expense	
	<i>Appendix – How to get the information you need</i>	<i>165</i>
	<i>Index</i>	<i>171</i>