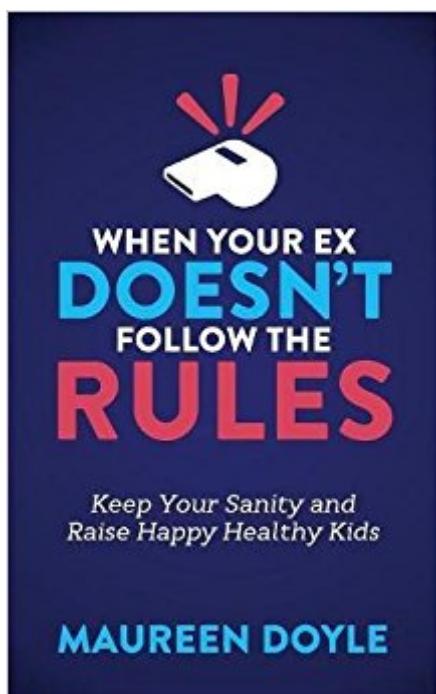


The book was found

# When Your Ex Doesn't Follow The Rules: Keep Your Sanity And Raise Happy Healthy Kids



## Synopsis

End the Co-Parenting War. If you find co-parenting with your ex to be a constant struggle and it seems like he fights you every step of the way - sometimes just for sport, you are not alone. Are you worried that you cannot go on like this for the next 10-15 years and that your bank account will be empty from the legal costs? And are you concerned about your children's mental and emotional health?

## Book Information

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## Customer Reviews

Maureen is a coach, author, teacher, and speaker, with proven expertise in the divorce recovery field. Combining straight talk, empathy and laughter, she helps her clients rebuild their lives after divorce and raise healthy, happy children. Maureen studied at The Martha Beck Institute and received her Bachelor of Science from DePaul University and her Master of Art in Teaching from Trevecca Nazarene University.

Most people envision their lives being married, having children and living happily ever after. Except, sometimes that bit about living happily ever after is no longer a reality. For many reasons, people divorce and are left with a new reality of being a single parent trying to co-parent their children. This works out fine for some, but what happens when your ex no longer plays by the rules? How are you and your children going to survive? Maureen Doyle has written a book from this unique perspective. She helps you see clarity, envision your future and make your dreams become a reality. She offers guidance for you this difficult situation that will allow you to stay in control of your life and be the best

person you can be. This book made me conscious of the choices I have. It made me think about my situation in life and helped me envision where I want to be in my future. You do not need to be divorced or going through a divorce to fully appreciate this book. It is a quick read that will likely have a lasting effect. I would recommend this to anyone who has ever had difficulty in a relationship. It is well worth the read!

Applicable to not only those who have experienced the trauma and drama of divorce, but also for those who are simply trying to deal with difficult people or situations, *When Your Ex Doesn't Follow the Rules* is full of sage advice and actionable steps that make for a more fulfilling life and healthier relationships. This book provides a heaping dose of inspiration and hope for reconnecting to your authentic self after signing your divorce papers. By sharing healthy actions and positive habits from her own experience and her clients' stories, Maureen provides a road map to wholeness for others to "become the archeologist of your own mind" and life. As Maureen says, "You are the best expert in your life. So please, step up and take charge." Read this book. Take charge of your life. By doing so, and following the affirmative practices Maureen so compassionately shares, you will be on your path to a "Hell yes!" kind of life and will be leaving "Hell no!" to those negative energy drains that hold you back from being all you are meant to be for you . . . and your kids!

I could not have read this book at a better time! If you can't get along with someone while you're married, there is a good chance matters will only become more difficult after divorce. This book shows that you can't change a manipulative, abusive, narcissistic, argumentative person but you can change your response to those types of people in a way that will ultimately diffuse conflicts & bring you peace. I highly recommend this read if you are struggling to communicate with & rationalize with ANY irrational person...ex-spouse, co-worker, family member, or friend. You will come away with so many lessons & tips to help you set boundaries with toxic people so that their behavior doesn't ultimately damage the quality of your life. Thank you, Maureen, for making this such an easy, relatable read & for sharing your story!

Maureen Doyle is Heaven sent!! After years of debating with myself, wondering if whether or not I made the right decision to separate (we never married) with my Ex, this book not only confirmed my decision, but also made me accept the rewards and pride without guilt. Neither my son's father or I

have ever bad mouthed each other in front of our son. I always felt that how can you raise a happy/healthy child if one parent despised the other, that is half of their being. Love your children even if you no longer love your ex. You can't always control a situation but, you can control how you react to a situation! (best advice ever)

Each chapter of this book offers personal anecdotes and powerful coaching tools so that the readers can start to change their way of thinking and learn to deal with their ex and co parent from a place of peace. This book also provides strategies that can be applied to dealing with any challenging situation in life in general ;helping readers to set stronger boundaries and find freedom to trust your own emotions and move forward towards a positive resolve . Maureen show readers that ... "Sometimes making one small shift in your mindset can create a ripple effect in your entire life." I will definitely share this book. It is a beacon of hope for those who find themselves facing the difficult choices in life. Maureen is a bold author who uses her personal experiences to inspire and help others. E. Anderson

"Repetitive thoughts make ruts in our brains called neuropathways and since our brains are very efficient, these old thoughts will continue to run over and over again." In this small but powerful book, life coach Maureen Doyle challenges readers to replace thoughts that bring them pain and bog them down with ones that give them strength. Through sharing client stories and helpful techniques, Maureen outlines how to take charge of your life and bring about positive change.

This book contains spot-on advice not only for dealing with a difficult ex but for dealing with difficult people in general. As with divorce, many times these people are unavoidable so learning to deal with them on our own terms is liberating and in our best interest. When we practice the strategies that Maureen promotes, the people around us take note particularly our own children who naturally learn these strategies for themselves by watching us. What a wonderful gift for them!

This book is written in such a way that I felt as though I was speaking directly to a friend-like we were figuring out solutions together in a personal way. Maureen approached her subject with appropriate frankness as well as sensitivity, making her readers feel both that their problems are validated and that they are fixable. I applaud her bravery in sharing her story to help others.

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