

Separation

Free online PDF resource:

<https://www.canada.ca/content/dam/hc-sc/healthy-canadians/migration/publications/healthy-living-vie-saine/because-life-goes-on-2016-parce-que-la-vie-continue/alt/64-03-15-1503-because-life-goes-on-eng.pdf>

Books:

1. *Rebuilding: When Your Relationship Ends*
Also: *Rebuilding Workbook: When Your Relationship Ends*
Bruce Fisher & Robert Alberti; 2016
2. *Surviving Separation And Divorce*
Loriann Hoff Oberlin; 2005
3. *On Your Own Again: The Down-to-Earth Guide to Getting Through a Divorce or Separation and Getting on with Your Life*
Keith Anderson and Roy Macskimming; 2007
4. *Coming Apart: Why Relationships End and How to Live Through the Ending of Yours*
Daphne Rose Kingma; 2012
5. *Too Good To Leave Too Bad To Stay*
Mira Kirshenbaum; 1997
6. *Journey From Abandonment To Healing*
Susan Anderson; 2014
7. *Getting Past Your Breakup: How to Turn a Devastating Loss Into the Best Thing That Ever Happened to You*
Susan J. Elliott; 2009
8. *Clean Break: How to Divorce with Dignity and Move On with Your Life*
Karen Stewart; 2008
9. *Uncoupling: Turning Points in Intimate Relationships*
Diane Vaughan; 1990
10. *A Parent's Guide to Divorce: How to Raise Happy, Resilient Kids Through Turbulent Times*
Karen Becker, MA; 2018

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