SANTASADÕ

Susanne Maris - Keep the Good, Ditch the Bad

There is more between divorce and staying put

LIFESTYLE



You and your partner are a great team, you have a lovely family, and you care for each other. But the spark is gone. You think about divorce but you don't want to do that and dread the evening that you are having dinner in front of the television alone, when the rest of the family is eating together a few blocks away. And with a divorce you would throw away everything that is good too. So you consider staying but the thought of keeping the status quo for another twenty years creates a feeling of unrest.

If this sounds familiar, you're not alone. But the good news is that you don't have to divorce or postpone that decision for the children's sake. Lose the cliché solutions and make your own decisions. Discover how you can redesign the relationship with your partner in order to keep the family happy, the relationship friendly, and create room for new love.

Keep the Good, Ditch the Bad is the only book that makes you reimagine a relationship where you don't have to choose between divorce or staying put and create the form that fits your needs. Learn how to blow up your relationship, maintain it, remain a strong team together, and stay in touch with your children so that you don't have to miss them every other week.

Published in September 2023 | Paperback | 192 pages | ca. 35,000 words

• Dutch edition published by Van Duuren Media



ABOUT THE AUTHOR

Psychologist **Susanne Maris** discovered through trial and error how to reshape your relationship. Six years ago she decided to continue to function as a family after their divorce and now she has a happy situation with both the children and their father. Her book *Keep the Good, Ditch the Bad* helps you do the same.

TABLE OF CONTENTS

Introduction

- 1. Your ideal picture
- 2. How bad is it really?
- 3. When your relationship is over
- 4. The in-between
- 5. A new beginning
- 6. Being a good partner for the other and for yourself
- 7. How do you deal with each other?
- 8. Now what?

Sources Acknowledgements