

## **From Fear to the Facts: Understanding Mediation**

Many people have discovered the traditional approach of hiring a divorce lawyer and going through the legal system can be a lengthy and costly process. Divorce mediation offers a new solution that can ultimately save you time, energy and money.

In her book **Divorce Mediation: What You Need to Know**, Deborah has taken a very complicated topic and broken it down into compact, concise, digestible pieces. This small book is rare in its clarity and detail and it covers all aspects of the mediation experience. I loved the fact that it is written in a language anyone can understand and Deborah has even highlighted the legal terms to educate you. Deborah's legal experience is evident throughout the chapters, as is her genuine compassion and empathy for the people who need this process. Not only is your every question answered but she also focuses on the importance of emotional intelligence, essential for a smoother resolution.

I've never experienced the pain and legal ramifications of getting a divorce. However, I have worked with many women who have. It's hard to fathom the stress and emotional turmoil women suffer during a separation, let alone imagine the capacity and clarity of thought needed to unravel the exhaustive legal processes. I know many women have found themselves mired in the muck of this often divisive process. They end up lost and overburdened, not knowing which way to turn.

This factual book is written to empower people to make an informed decision on whether mediation will fit their circumstances. It will take you from helplessness to a sense of control. Knowledge is power. Let Deborah be your teacher so you can be best prepared for what is to unfold. She understands that contemplating a divorce is an all-consuming often-emotional process and recognizes the fears you may have of the inevitable changes it brings. With this book you have someone else to think for you, sort out the facts, cover the details, and educate you about your rights. Yes, it's possible to be in charge of your destiny and approach divorce with dignity. If you are asking what is mediation? And is it the choice for me? This book is for you.

*Fran Hewitt*

Bestselling author of  
*The Power of Focus for Women*