

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 WarDo you find co-parenting with your ex to be a constant struggle? Does it seem like he fights you every step of the way - sometimes just for sport? 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?In *When Your Ex Doesn't Follow the Rules*, Maureen Doyle combines client success stories with powerful coaching techniques that will change your post divorce combat zone into a place of peace. Get clear on what you want and what you will no longer tolerateLearn to trust the wisdom of your body and use it as a valuable ally in decision makingLearn to quiet the mind and silence the critics in your lifeUse anger as a call to action and not as an energy drainIdentify what you can control and stop trying to control the restImprove your communication with your exBegin to see yourself as the hero of your own story instead of the victim

## Book Information

File Size: 322 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publisher: Difference Press (August 30, 2016)

Publication Date: August 30, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01LA7JU20

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #189,533 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Kindle Store > Kindle eBooks > Law > Family & Health Law > Children #11 inÂ Books > Law > Family Law > Parental & Juvenile #169 inÂ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Divorce

## Customer Reviews

"Reframe your struggles as growth opportunities" these are wise words for dealing with many

frustrating situations and people. Maureen Doyle's book is full of strategies to help navigate life with a difficult ex, but they are equally effective for dealing with difficult co-workers, difficult in laws, any difficult people that are hijacking your peace of mind. Her stories, advice and exercises help you to reimagine and rewrite your story, and steer the ship, that is your life, to the island of possibilities - Thank-you Maureen for this powerful little book!

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!

This is a small book that packs a big punch. Doyle's real-life client scenarios help readers anticipate how they might handle the same situation should it come up in their own lives. The author reminds us that when co-parenting we need to focus only on the things we can control, to always put the children first despite your ego, to trust your instincts, and to stay out of your ex's business. I'd recommend this book to anyone going through a divorce or any challenging interpersonal situation.

Maureen Doyle delivers a book that has application in 360 degrees of life! I can now help my friends in these scenarios with advice, strengthen my own relationships, and understand where they are coming from. Enlightening and powerful. Bravo!!!!

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 clientsâ™ 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!

"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.

Maureen has the gift of relating to others and after reading her book, I understand why. She has found peace amidst the chaos of co-parenting and more importantly knows how to help others achieve it for themselves. I don’t have an ex, yet still plan on going through the exercises because the practices she outlines will benefit all to live a more intentional and joyful life!

[Download to continue reading...](#)

When Your Ex Doesn’t Follow the Rules: Keep Your Sanity and Raise Happy, Healthy Kids Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Prostatitis

& Benign Prostate Hypertrophy (BPH): The Information Your Doctor Doesn't Have (or doesn't tell you) French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters \* Social Rules for Kids-The Top 100 Social Rules Kids Need to Succeed Parenting: SINGLE PARENTS' BOOK: HOW TO BE THE BEST MOM AND DAD AT THE SAME TIME! 11 RULES ON HOW TO RAISE GREAT KIDS ALONE (Single,Parenting,Parenting Toddlers,Single Parenting) Articulating Design Decisions: Communicate with Stakeholders, Keep Your Sanity, and Deliver the Best User Experience Whats After Assessment?/Follow-up Instructions for Phonics, Fluency and Comprehension: Follow-Up Instruction for Phonics, Fluency, and Comprehension Templates For 95% Bar Essays: Reaching the 'A' grade on a law school exam or bar essay involves two simple things: Follow the template and second, follow it well. Las 21 Leyes Irrefutables Del Liderazgo [The 21 Irrefutable Laws of Leadership]: Siga estas leyes, y la gente lo seguirá; a usted [Follow these laws, and people will follow you] Easy To Follow Guide To Needle Felting: A Quick Starter Guide from Corina's Curious Creations (Felting Easy To Follow Guides) Jokes for Kids: 400+ Funny Jokes for Kids: Funny and Hilarious Jokes for Kids - Funny Jokes - Kids Jokes - Jokes and Illustrations Jokes:Best Jokes For Kids: Laugh out loud fun jokes(Jokes,Funny Jokes,Jokes for kids,Best Jokes,Funny Book,Jokes free,Jokes for free,for kids,riddles,quiz ... for kids,best jokes,laugh out loud) What Every Woman Should Know About Divorce and Custody (Rev): Judges, Lawyers, and Therapists Share Winning Strategies onHow toKeep the Kids, the Cash, and Your Sanity Siblings Without Rivalry: How to raise your children together for a peaceful, happy and loving life California Rules of Court - State, 2015 ed. (Vol. I, California Court Rules) (California Rules of Court. State and Federal) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life Guinea Pig Care Secrets: Kids Guide to a Happy Guinea Pig (Kids Pet Care & Guides Book 3)