



Crazy Time: Surviving Divorce and Building a New Life, Third Edition

By Abigail Trafford

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Crazy Time: Surviving Divorce and Building a New Life, Third Edition By Abigail Trafford

Thoroughly revised and updated for a new generation, the essential guide for men and women to help them weather the turmoil of divorce and build rich, rewarding lives.

There is nothing easy about the breakup of a marriage, from coping with loss and failure to dealing with the uncertainty of the future. In this intelligent and insightful book, Abigail Trafford charts this emotional journey, identifying the common phases in the evolution from marriage to separation to divorce, and eventually to a new life.

Based upon her personal experience, extensive research, and interviews with hundreds of divorced men and women, Trafford offers individuals a better understanding of their own experiences and the message that they are not alone in their pain and confusion. *Crazy Time* is also an investment in the future—Trafford reveals the telltale signs of a marriage in crisis, and discusses what determines whether a relationship will survive over time.

This revised edition includes the most up-to-date research on the personal and economic effects of divorce in adults and children's lives, addresses the special challenges of becoming single again in the age of the Internet, and broadens the experience of divorce to the breakup of all committed relationships. For anyone who has divorced or is considering taking that step, *Crazy Time* offers a sense of hope and confidence that this transition is not only an ending but can also be a valuable beginning.

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Editorial Review

Review

"A common-sense, compassionate, human book about the crazy process that more than half of us go through. This should be required reading with all marriage licenses."--*Philadelphia Inquirer*"

From the Back Cover

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About the Author

Abigail Trafford is an author, journalist, and public speaker. She wrote the *My Time* column at the *Washington Post* and has been a commentator for Washington Post Radio and a syndicated columnist with Universal Press Syndicate. For fourteen years she was the *Post's* health editor and previously worked at *U.S. News & World Report* as a writer, senior editor, and assistant managing editor. She received journalism fellowships at the Harvard School of Public Health in 1982 and 2002 and was a visiting scholar at the Stanford University Center on Longevity in 2007. She lives in Boston and Vinalhaven, Maine.

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