



# Who Am I Without My Partner? Post-Divorce Healing and Rediscovering Your SELF

*Deborah Potashnik Hecker*

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Whether you are contemplating a divorce, in the middle of the legal process, or struggling through its aftermath, 'Who Am I Without My Partner?' is the beacon that will guide you through one of the most difficult times of your life. Renowned divorce therapist Dr. Deborah Potashnik Hecker takes you through the grief of losing a loved one and the challenges of redefining who you are post-divorce. In a step-by-step process that includes informative case studies, simple exercises, and clear, concise theory; she'll help you navigate this demanding journey and develop personal power, renewed self-esteem, and the necessary prerequisites for successful future relationships. 'Who Am I Without My Partner?' packs a powerful punch of self-enlightenment ... Dr. Hecker gifts readers with priceless tips and tools to navigate the stormy waters encountered in any relationship. Grab a chair and sit with her as she comforts and guides you on this challenging part of your life journey. -Pam Peeke MD, MPH, FACP, assistant professor of medicine at the University of Maryland, and New York Times best-selling author.

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