

SECOND MARRIAGE

An Insider's Guide to
Hope, Healing & Love
----Workbook----

The background of the cover features a soft, ethereal scene with a man and a woman in silhouette, embracing in a field of flowers. The background is filled with a bokeh effect of light spots, creating a dreamy and romantic atmosphere. The overall color palette is a mix of soft blues, greens, and whites, with the silhouettes providing a dark contrast.

SHARILEE SWAITY

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the [Recommended Resources Area](#) at
Second Marriage Hope.**

INTRODUCTION

Hello and welcome to the *Second Marriage: An Insider's Guide to Hope, Healing & Love Workbook!* This book is designed to be a companion guide to the book, *Second Marriage: An Insider's Guide to Hope, Healing & Love*.

I encourage you to take as much time as you need to work through the exercises and reflection questions in this volume. This is your time to reflect on your marriage journey. No one needs to see it – it is your chance to be as honest as you can.

If you and your spouse would both like to do the exercises, feel free to print out one for him or her, too.

HOW TO USE THIS WORKBOOK

There are two ways of using this workbook listed below.

1. **Print it out:** If you prefer to write things out by hand, print the book out and then write out the answers in the space provided. To save on paper, print the book double-sided.
2. **Use on your computer:** If you prefer to do things on the computer, this PDF is set up to fully interactive. That means you can type directly into the boxes provided. After it is done, you can store it as document on your computer or print it out to store it.

CHAPTER 2: DATING, ENGAGEMENT AND WEDDING: THE DECISION TO DANCE AGAIN



Marriage is the triumph of imagination over intelligence. Second marriage is the triumph of hope over experience

Oscar Wilde



REFLECTION QUESTIONS

The following questions are for those who were previously married. **If you were not married before, ask these questions of your spouse.**

1. Immediately after losing your first spouse, which of the following describes your feelings about getting remarried?

- a. Never again!
- b. Probably not
- c. Maybe someday
- d. I hope so
- e. I am ready!

2. How long after your bereavement or divorce did you consider marrying again?

- a. Ten years plus
- b. 5-9 years
- c. 1-4 years
- d. Less than one year

3. How long did it take before you got married again?

- a. Ten years plus
- b. 5-9 years
- c. 1-4 years
- d. Under a year

4. On a scale from 1-5, how ready do you think you were to remarry when you walked down the aisle?

5. If you scored 3 or below, what change your mind?

CHAPTER 3: MOST OF US REMARRY QUICKLY



Keep your eyes wide open before marriage, half shut afterwards.

Benjamin Franklin



REFLECTION QUESTIONS

Think back to when you were considering marriage to your spouse.
What were you hoping for in your marriage?

Another way of wording this question is, what were you looking for?

Write down as many reasons as you can think of.

Pointers

- It could be something general, like happiness, or something specific, like a partner to share your jokes with.
- Be honest about your desires. Don't censor yourself out of embarrassment.

Here are some examples:

- *You hoped for a happy marriage*
- *You wanted everyone to be a family*
- *You wanted a companion to share life with*

- *You desired sexual fulfillment*
- *You wanted to share life with your best friend*
- *You wanted an exciting life*
- *You wanted someone who would share your love of the arts*

This exercise is designed to help you get back in touch with the real reasons that you got married.

1. What were you hoping for when you got married? Make a list of things you were hoping for.

2. Out of the hopes and dreams you mentioned above, which of these have come true?

3. Which of these hopes and dreams have not come true?

CHAPTER 4: THIS IS A COMPLICATED DANCE



The course of love never did run smooth.

William Shakespeare



REFLECTION QUESTIONS

Second marriage is often quite complicated. Think about the ways that yours is complicated.

1. Look at this list of possible complicating circumstances. check off the ones that apply to your situation:

- a. An ex-spouse
- b. Children
- c. Stepbrothers and sisters
- d. Courts and Government
- e. Money complication

2. Out of the list of possible factors complicating your marriage, which has been the most challenging for you personally?

3. How has this factor made your life more complicated?

CHAPTER 5: COMPLICATED EMOTIONS



If I have lost confidence in myself, I have the universe against me.

Benjamin Franklin



REFLECTION QUESTIONS

This chapter was about how our emotions can also be very complicated.

1. Look at this list of possible complicated emotions, and check which ones apply to you.

- a. Jadedness
- b. Jealousy/Insecurity
- c. Lack of confidence
- d. Guilt
- e. Loneliness/Sadness
- f. Anger

2. Look at this list of possible complicated emotions, and check the ones that apply *to your spouse*.

- a. Jadedness
- b. Jealousy/Insecurity
- c. Lack of confidence
- d. Guilt
- e. Loneliness/Sadness
- f. Anger

3. Out of this list of complicated emotions, which has been the most challenging for you personally? What makes it so challenging?

4. Out of this list of complicated emotions, which do you think has been most challenging for your spouse? What makes it so challenging?

CHAPTER 6: GETTING A NEW PERSPECTIVE



We can complain because the roses have thorns or rejoice that the thorns have roses.

Abraham Lincoln



“I SOMETIMES FEEL BAD” EXERCISE

Do this exercise if you are struggling with the fact that a second marriage is not what you had planned – not your ideal.

1. Write down 2-3 things that bother you about your family situation, that are hard to accept, that perhaps just don't seem fair. Choose things that you don't have control over and cannot change. Start the statement with “I sometimes feel bad” ... or “I regret” or simply “I feel bad” Here are some examples:

- *I sometimes feel bad that my first marriage didn't last and I had to be in a second marriage*
- *I feel bad that my stepchildren don't seem to like me, no matter how hard I try*
- *I sometimes feel bad that I couldn't have the relationship that my parents had*

- *I regret getting married too soon after my divorce because I didn't take time to heal*

Then write down the word, BUT, in capital letters, after each statement.

Now, after each statement write down something good that contrasts with the statement that bothers you. I will show you some examples, based on our examples from part 1:

- *I sometimes feel bad that my first marriage didn't last and I had to be in a second marriage BUT I am glad that my second wife is loyal only to me.*
- *I feel bad that my stepchildren don't like me no matter how hard I try BUT I am grateful that they are close to their Mom and I believe they will come to trust me, in time.*
- *I sometimes feel bad that I couldn't have the relationship that my parents had BUT I am grateful that I learned many good relationship skills from them.*
- *I regret getting married too soon after my divorce because I didn't take time to heal BUT I can still take time to heal now and become whole.*

Statement #1

BUT

Statement #2

BUT

Statement #3

BUT

CHAPTER 7: WHY IS IT SO HARD TO LET GO OF OUR PAST?



Remember ye not the former things, neither consider the things of old.

Isaiah 43:18



REFLECTION QUESTIONS

The next questions deal with reasons that it so challenging to heal from the past.

1. Which of the following factors applies to you:

- a. Still grieving
- b. My childhood still affects me
- c. Trauma from my past
- d. Contact with my Ex-Partner

2. Which of the following factors do you think may apply to your spouse:

- a. Still grieving
- b. Childhood still affects them
- c. Trauma from the past
- d. Contact with the Ex-Partner

CHAPTER 8: YOU MIGHT STILL NEED HEALING IF...



I walk slowly, but I never walk backwards.

Abraham Lincoln



REFLECTION QUESTIONS

The following questions focus on signs that you and your spouse have not quite healed from the past.

1. On a scale of 1-10, how much have you let go of the past?

2. Using the same scale, how much has your spouse let go of the past?

3. Which of the following signs of needing healing do you exhibit in your life?

- a. You lack trust
- b. You are jealous or insecure
- c. You are bitter
- d. You feel defeated
- e. History is repeating itself

3. Which of the following signs does your spouse exhibit in their life?

- a. They lack trust
- b. They are jealous or insecure
- c. They are bitter
- d. They feel defeated
- e. History is repeating itself

4. For any signs that you checked, write briefly how you and/or your spouse are exhibiting this sign in your life.

a. How are you and/or your spouse demonstrating lack of trust?

b. How do you and/or your mate demonstrate jealousy or insecurity?

c. How do you and/or your spouse demonstrating bitterness?

d. How do you and/or your mate demonstrate a sense of defeat?

e. How is history repeating itself for you and/or your spouse?

CHAPTER 9: TAKE OWNERSHIP



God has entrusted me with myself.

Epictetus



“DIGGING UP BONES” EXERCISE

This exercise is designed to see how patterns from your first marriage (or other relationships) may be continuing in your current marriage. Write down the answers to the following questions.

ISSUE #1

1. What was the main issue that you and your ex fought about? Be as specific as possible. Example: *fighting over who does the housework.*

2. For this issue, what did your ex do that contributed to the problem? Example: *he always complained that the house wasn't clean enough but never helped.*

3. What did you do to contribute to the problem? Example: *I always nagged him and got angry with him.*

4. Is this issue a concern in your current marriage?

If **YES**, answer the following questions.

5. How is your spouse contributing to the issue?

6. What are you doing to contribute to the problem?

7. Are you handling this issue in the same way or an unique way from how you handled it before? How so?

8. How could you handle this issue differently, to get different results?

ISSUE #2

1. What was another issue that you and your ex fought about? Be as specific as possible. Example: *disagreements about money*

2. For this issue, what did your ex do that contributed to the problem?

Example: *She was very controlling about every penny I spent.*

3. What did you do to contribute to the problem? Example: *I tended to be careless in my spending.*

4. Is this issue a concern in your current marriage?

If **YES**, answer the following questions.

5. How is your spouse contributing to the issue?

6. What are you doing to contribute to the problem?

7. Are you handling this issue in the same way or an unique way from how you handled it before? How so?

8. How could you handle this issue differently, to get different results?

CHAPTER 10: FORGIVING AND CHANGING YOUR THOUGHTS



Forgive us our debts, as we forgive our debtors.

Matthew 6:12



“WHAT I LIKE ABOUT YOU” EXERCISE

This exercise asks you to write down a list of eight things that you like about your spouse.

You can be as specific or as general as you like. A specific example might be *I like how Judy smiles at me in the mornings*. A general example might be *I like how Brent is hard-working*.

If your spouse is open to it, try this exercise together. If not, that's okay because it is designed to change *your* thinking.

DIRECTIONS

1. Fill in the following sentences.

2. Print out your list. To print off one page, go to “print” and print page 28.

3. Take your list and put it somewhere where you can see it.

If you start to judge your spouse through the filter of the past, remind yourself of the things that like about your spouse. *This* is who he or she is, not the other person from your past!

****** For extra punch, add some decoration and make it pretty! ******

What I Like About You!

1. I like how

2. I like how

3. I like how

4. I like how

5. I like how

6. I like how

7. I like how

8. I like how

CHAPTER 11: WHEN YOU FEEL INSECURE



Life is like riding a bicycle. To keep your balance, you have to keep moving.

Albert Einstein



REFLECTION QUESTIONS

The next questions deal with the level of insecurity in your marriage.

1. On a scale of 1-10, how insecure would you say you are, in your marriage?

Answer the following questions if you scored yourself as five or higher.

2. Has your spouse ever given you a reason to be insecure, with his or her behaviour? If so, what has she or he done? Has your spouse ever apologized for this type of behaviour?

3. Do you think the insecurity is stemming from something in your past? If yes, what events happened in your past that led to you feeling insecure?

4. If he/she has not done anything to elicit your distrust, can you make a decision to trust your spouse?

5. On a scale of 1-10, how insecure would you say your spouse is regarding your marriage?

Answer the following questions if you scored your spouse as five or higher.

6. Has you ever given your spouse reason to be insecure, with your behaviour? If so, what have you done? Have you apologized for these actions?

7. Do you think the insecurity is stemming from something in his/her past?

If yes, what events happened in his/her past that led to him/her feeling insecure?

8. If you have not done anything to elicit your spouse's distrust, can you ask your spouse to decide to trust you?

CHAPTER 12: ACCEPTING YOUR STORY



And now you know -- the rest of the story.

Paul Harvey



“TELL YOUR STORY” EXERCISE

This exercise is designed to tell your story, either to another person or by writing it down. I will list a series of questions to answer. For each one, you can either answer the question to another person or write the answer on paper.

Pointers

- Remember to include both the good and the bad.
- If you focus only on the negative, you may slow down your healing by seeing your past as all bad.
- If you focus only on the positive, you may slow down your healing by idealizing the past instead of looking at it realistically. If you were the one who was left behind, it

is easy to think that you lost something wonderful and not really look at the unpleasant truths.

- If you choose to tell the story in person, make sure you choose someone that is a good listener and cares about you and wants to help you heal.
- Do not choose someone who will react too emotionally to hearing your story but rather someone that can listen objectively.
- The goal of this exercise is to tell the story in a straightforward, factual manner, so try to not focus on your emotions in this exercise but rather simply on what happened.
- Make sure that you choose a time that your children are not around. You may wish to share it with them when they are older.
- If you are in therapy, this might be a good thing to do with your therapist, if he is willing.
- If you choose to write your story out, take as much as time as you need, coming back as many as times as you need to, to finish this.
- When you are done, you may wish to share it with someone else who wants to help you heal.

Here are the questions:

PART ONE: Answer the following questions regarding your first marriage.

1. How did the two of you meet?
2. How long did you date?
3. How old were you when you got married?
4. What children did you have, if any?
5. What places did you live during your marriage?

6. What did the two of you enjoy doing together?

7. Did the two of you argue or fight a lot? What were the arguments or fights about?

8. Answer these questions if your marriage ended in divorce.

a. What precipitated the breakup?

b. Was there adultery, abuse or abandonment involved?

c. How did you cope with the divorce?

9. Answer these questions if your first spouse passed away. Please omit if any of these questions are too painful or triggering. Only do these if you feel ready.

Did you know that your spouse was going to pass beforehand or was it a surprise?

b. If you knew, what was the time before her/his passing like?

c. Were you there at her/his death? If it not too painful, how was this time?

d. How do you honour them in your life now?

Answer the following questions regarding your time between marriages.

10. Did you date anyone else in between your two marriages? If so, who did you date?

11. Did you have any serious relationships in between marriages? Who were they? What were the main reasons that this/these relationship(s) did not work out?

Once you have shared this part of your story, I want to you to imagine a little cabinet in your mind. In the cabinet, there are several drawers. One of the drawers is empty. Open it, and place that story in the drawer. It is part of your history but now you are placing it in its right place.

You are now working on an exciting new chapter, your second marriage. The next few questions are about the early history of your second marriage.

Answer the following questions regarding your current marriage.

12. How did the two of you meet?

13. How long did you date?

14. Did you ever break up? What caused the break up?

15. Where did you get married? What was your wedding like?

3. Which (if any) one of the following findings from the studies did you find surprising?

- a. Intimate conversations lead to a feeling of closeness
- b. Eye contact can be powerful
- c. We can be opposites but still feel close
- d. Being friends is part of staying in love
- e. Sex is important for staying in love

CHAPTER 14: TO KNOW YOU IS TO LOVE YOU



Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.

Oscar Wilde



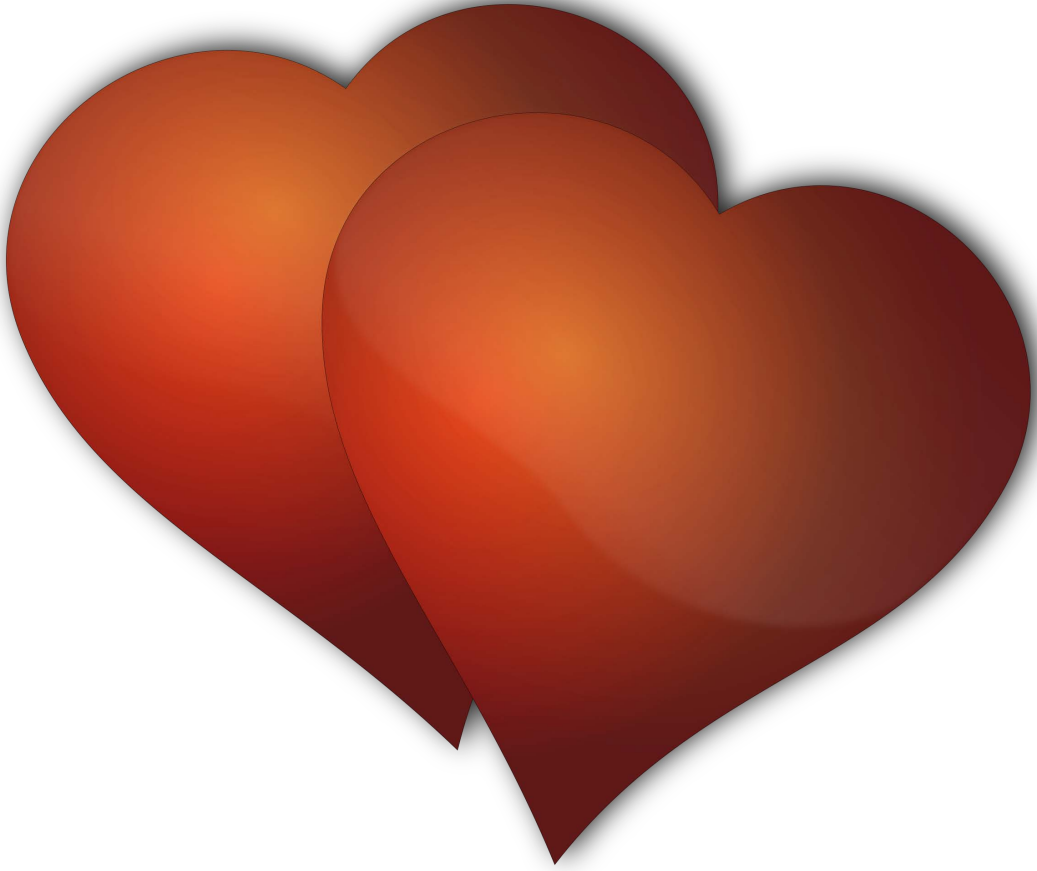
“TEN QUESTIONS TO LOVE” EXERCISE

With your spouse, take turns asking the following questions to one another. One person asks the first question and the other person answers. Then, the other person asks the next question and the other person answers.

Do not make any comments. You may ask a question to clarify, such as “do you mean ...” or to better understand what your partner said, such as “why is that?” Do not interrupt your spouse. Listen while they are talking, without any distractions.

If you like, try the exercise again, and switch the questions around, so that you both have a chance to answer all of the questions.

If you would like to print off these questions, go to print document and ask the printer to print off page 43.



Ten Questions to Love

Print off two copies, one for each of you.

Take turn asking one other these questions.

1. What was the hardest thing you did today?
2. What has been your favourite part of this week?
3. What is your favourite quality about yourself?
4. What one thing would you most like to change about yourself?
5. Who is your favourite person in *my* family, and why?
6. What is the best gift that you ever got?
7. What would you like to be doing in five years?
8. What would you like to learn?
9. How are you feeling right now?
8. How could I make you happier this next week?

3. Which one of the characteristics of friendship, if any, do you think needs the most work?

a. Sharing things in common:

b. Sharing laughter:

c. Loyalty:

d. Acceptance:

CHAPTER 16: HANDLING CONFLICT



Honest disagreement is often a sign of good progress.

Mohandas K Gandhi



“TALK TO ME” EXERCISE

1. a. Write up to three things that are issues in your marriage right now.

Examples might be: *housework issues, money problems, discipline disagreements, ex issues, personality differences.*

b. For each issue, write down something you might say (or have said) to your spouse in anger or frustration. *Example: You always wake me up when you get up early to go to work! Don't you care that I need to get my sleep?*

3. Now, for each thing that you have written, write something that is more positive. *Example: I just love getting that extra bit of sleep in the morning after you leave for work. Would you mind being a bit quieter, so I can indulge myself a little?*

Issue #1:

a. Something you might say/have said:

b. A better way of saying it:

Issue #2:

2. Something you might say/have said:

3. A better way of saying it:

Issue #3:

a. Something you might say/have said:

b. A better way of saying it:

CHAPTER 17: THE DANCE OF OPPOSITES



Personality is to a man what perfume is to a flower.

Charles M. Schaub



QUIZ ONE – EXTROVERT/INTROVERT DIFFERENCE

Answer the following questions about yourself.

1. Which is truer of you?

- a. I like my quiet time OR
- b. I crave being around people

2. Which is truer of you?

- a. I get depressed if I am alone too much OR
- b. I get stressed if I am alone too much

3. Which is truer of you?

- a. Large groups of people make me feel exhausted! OR
- b. Large groups of people make me come alive!

If you answered more a's than b's, you are an introvert. This means you primarily get your energy from being alone.

If you answered more b's than a's, you are an extrovert. This means that you primarily get your energy from being around people.

Answer the following questions about your spouse (or get him/her to take the quiz)

1. Which is truer of your spouse?

- a. They like their quiet time OR
- b. They crave being around people

2. Which is truer of your mate?

- a. They get depressed if they are alone too much OR
- b. They get stressed if they are alone too much

3. Which is truer of your partner?

- a. Large groups of people make them feel exhausted! OR
- b. Large groups of people make them come alive!

If they scored more a's than b's, you are married to an introvert. This means they gets their energy primarily from being alone.

If they scored more b's than a's, you are married to an extrovert. This means that they get their energy primarily from being around people.

QUIZ TWO: SENSING / INTUITION DIFFERENCE

Answer the following questions about yourself.

1. Which is truer of you?

- a. Like talking about abstract ideas OR
- b. Like talking about projects I am working on

2. Which is truer of you?

- a. You prefer to read how-to books OR
- b. You prefer to read novels of some kind

3. Which is truer of you?

- a. You are pretty observant OR
- b. You tend to not notice things as much as some people

If you answered more a's than b's, you are more on the intuitive side.

This means you are more into ideas than practicality.

If you answered more b's than a's, you are more on the sensing side. This means that you are more practical than intuitive.

Answer the following questions about your spouse (or get them to take the quiz)

1. Which is truer of them?

- a. Like talking about abstract ideas OR
- b. Like talking about projects they are working on

2. Which is truer of you?

- a. They prefer to read how-to books OR
- b. They prefer to read novels of some kind

3. Which is truer of you?

- a. They are pretty observant OR
- b. They tend to not notice things as much as some people

If your spouse has more a's, she is more into ideas than practicality. If he has more b's, he more sensing than intuitive.

QUIZ THREE: THINKING / FEELING DIFFERENCES

Answer the following questions about yourself.

1. Which is truer of you?

- a. You love to figure out the plot of a movie OR
- b. You love to analyze the motives of a movie character

2. Which is truer of you?

- a. I don't usually take things personally
- b. I sometimes take things personally

3. Which is truer of you?

- a. My decisions are often affected by my emotions OR
- b. My decisions are rarely affected by my emotions

If you answered more a's than b's, you make decisions more with logic than emotion.

If you answered more b's than a's, you make decisions more with emotion than logic.

Answer the following questions about your spouse (or get them to take the quiz)

1. Which is truer of your spouse?

- a. They love to figure out the plot of a movie OR
- b. They love to analyze the motives of a movie character

2. Which is truer of your spouse?

- a. They don't usually take things personally
- b. They sometimes take things personally

3. Which is truer of your spouse?

- a. Their decisions are often affected by their emotions OR
- b. Their decisions are rarely affected by their emotions

If they have more a's than b's, they make decisions more with logic than emotion.

If they answered more b's than a's, they make decisions more with emotion than logic.

QUIZ FOUR: STRUCTURED / OPEN-ENDED DIFFERENCES

Answer the following questions about yourself.

1. Which is truer of you?

a. I tend to plan everything carefully OR

b. I tend to go moment by moment

2. Which is truer of you?

a. I tend to keep my things neat and tidy OR

b. I struggle with being messy

3. Which is truer of you?

a. I am more often running late OR

b. I am usually a bit early

If you answered more a's than b's, you are open-ended.

If you answered more b's than a's, you are more structured.

Answer the following questions about your spouse. (Or ask them to take the quiz)

1. Which is truer of your spouse?

a. They tend to plan everything carefully OR

b. They tend to go moment by moment

2. Which is truer of your spouse?

a. They tend to keep their things neat and tidy OR

b. They struggle with being messy

3. Which is truer of your spouse?

a. They are more often running late OR

b. They are usually a bit early

If they answered more a's than b's, they are more open-ended.

If they answered more b's than a's, they are more structured.

3. Were you surprised by any of the routines that the children mentioned?
If so, which ones?

4. Ask the kids what new routine they would like to develop together as a family. It could be something serious or super-goofy. The important thing is that you do it together! Write about it here.

CHAPTER 19: BECOMING A PARENT BY MARRIAGE



Don't feel guilty if you don't immediately love your stepchildren as you do your own,
or as much as you think you should.

Johann Wolfgang Goethe



REFLECTION QUESTIONS

1. Were you familiar with the term “loyalty bind?” Do you think that your stepchildren may feel a loyalty bind sometimes?

2. Which of these things are you already doing, to connect with your stepchild(ren)?

a. Listening

b. Doing stuff together

c. Honouring both of their parents

3. Which of the following things (if any) do you need to work on, regarding connecting with your stepchild(ren)?

a. Listening

b. Doing stuff together

c. Honouring both of their parents

CHAPTER 20: TAKING CARE OF YOURSELF



To thine own self be true.

William Shakespeare



REFLECTION QUESTIONS

1. Do you ever feel like you are losing sight of who you are, within your marriage?

2. What activities or pursuits do you have in your life that remind you that you are still “you?”

CHAPTER 21: WHEN YOU FEEL LONELY



Walking with a friend in the dark is better than walking alone in the light.

Helen Keller



“I’M SO LONELY” EXERCISE

Sometime in the next week, phone, write an e-mail or contact by Facebook, someone that you haven’t spoken to in a while. This could be a friend, family member or former colleague. Lightly share a bit about your life and listen to what is happening with them. If they are in your city, and you feel comfortable doing so, invite them for coffee or some other event.

CHAPTER 22: GOING FOR MARRIAGE COUNSELLING



To listen well is as powerful a means of influence as to talk well, and is as essential to all true conversation.

Chinese Proverb



COUNSELLOR QUESTIONS

Many counsellors will offer a free half-hour session to test to see if it a good fit. This is a chance to get to know each other and see if you feel comfortable with one another. There is no obligation to continue with the person if it is not a fit.

This is a list of questions you can ask a marriage counsellor before you start. If the counsellor offers the complementary half-session, these are some good questions to ask.

The questions are one the next page and can be printed off by using the print button on your computer, selecting page 64 and printing only page 64. This could be especially useful if you are going to more than one counsellor and want to keep track of their answers.

Questions to Ask a Marriage Counsellor

1. What kind of approach do you take to counselling. (If they say something but you don't understand the term, ask them to explain.)
2. If you are a person of faith, ask the following question: What is your view of (whatever your faith is)?
3. How would we decide what to talk about?
4. What would our goals be for the counselling?
5. What is your professional background?
6. What do you like about the job of counselling?

THANK YOU

Thank you for having the courage to want to change your marriage by putting the work in with the exercises and questions in this workbook.

If you would like to stay in touch, join me on my blog at [Second Marriage Hope](#). I write there occasionally about issues related to marriage and love. You can also join us at our [Facebook Page](#).

If you haven't already done so, be sure to join up for the [second marriage membership](#). By joining this list, you will become a Second Marriage Hope member and gain access to all the bonus material at no extra cost.

For my list of recommended resources, check out [this page](#).

And now, I have just one favour to ask you. Would you mind helping to spread the word about the book? The best way to do this is to leave an honest review on Amazon and let people know what you thought. When you leave a review, it lets other people know about the book and gets this message of encouragement out the world.

To do this, go to Amazon and look up *Second Marriage: An Insider's Guide to Hope, Healing and Love*. Scroll to the bottom and press the button that says, "Write a customer review." Follow the directions to write your review. Thanks very much in advance!

Take care. Remember that in a second marriage, the honeymoon often comes after. Don't give up!