

## From Crisis to Confidence - Leading divorce coach Claire Black launches a book to help anyone facing heartbreak from a sudden separation.

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When Claire Black's marriage ended very suddenly in 2008, it felt like the end of the world. Shocked and betrayed, she felt afraid, overwhelmed and confused.

Claire struggled to find clear guidance on how best to move forward. She knew that she didn't want her divorce to define her, and she wanted to do more than just survive. She wanted to take back her power, redefine who she was and create a life in which she and her young children could flourish.

"It is my experience of separation and divorce that has driven me to help others going through this experience. When I look back on my experience now, I feel immensely proud of how I behaved, and how I turned things around for myself. I am here to show you that you too can do this, so that when you look back in 5 or 10 years' time, you too can feel proud of how you handled your break-up or divorce."

Empathetic and packed with easy-to-use strategies, this book is an essential guide for anyone facing a sudden separation. It will help you manage your emotions, take back control over your

life, make empowered choices and, when you are ready, create the blueprint you need for your new and vibrant life.

<https://www.claireblackcoaching.com/buy-my-book>

### Editors Notes:

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### About Claire Black:

Claire Black is a leading break-up and divorce coach, NLP Master Practitioner and former lawyer. She firmly believes it is not what happens to you that makes the difference; it is what you do with what happens to you. She specialises in supporting people through separation and divorce, helping them to see options and make choices, get clear and take positive steps forward, so that they can create a new and vibrant life and feel proud.

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