



A Loving Divorce: A Perspective of Compassion for All Relationships

Lynda Miles

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Lynda Miles' pioneering book, *A Loving Divorce: A Perspective of Compassion for All Relationships*, brings a breath of fresh air and a sigh of tremendous relief to a subject that is, in our society, often so wrought with pain, animosity, loss and conflict. Lynda invites readers to consider the freeing awareness that divorce and separation can be a process that is loving, growth-inducing and honoring to both partners, as well as to any children involved. She honestly and sensitively shares her personal journey of ending her marriage relationship in a way that honored and respected her ex-husband, their children and herself, as well as each individual's feelings and needs, including her own. Lynda's very sobering and painful, yet beautiful and liberating accounts of assuming personal responsibility for her own feelings, needs and responses and her ability to put love and compassion first will inspire growth in readers that will positively affect all of the relationships in their lives. As an attachment parenting coach and mental health counselor who works with children and families, I was genuinely impressed by the author's advocacy for honoring the needs of children and compassionately making the transition as gentle as possible when children are part of a relationship. I highly recommend this book to any person who is considering ending a relationship or who is in the process of ending a relationship-- Although any ending of a relationship is painful, Lynda shows us that a loving, conscious process can actually deepen a couple's connection, understanding and compassion for one another. Although it is not the book's scope, I dare suggest that this book has the power to also save relationships and possibly help couples rekindle their love! —Laurie A. Couture, Author of *Instead of Medicating and Punishing*, LaurieACouture.com

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