



## Divorced Men Have Feelings Too

*Paul T. Smith*

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## **Divorced Men Have Feelings Too** Paul T. Smith

Divorced Men Have Feelings Too is a proverbial kick in the pants for divorced men who wonder what went wrong with their marriages. In his straightforward and frank style, Smith admonishes readers to reflect on their mistakes--and then get on with their lives. He's like the big brother you used to sit up all night with, chewing the fat over life, women and relationships. "Don't kid yourself, one divorce is enough, more than enough!" he says.

"Unhappiness in a marriage is caused by the baggage brought in by one or by both, often without them even knowing it. But whether your marriage failed due to lack of communication, infidelity, loss of respect, incompatibility, whatever, take action now to change--or don't consider getting married again."

In this guide, which includes exercises, worksheets and illustrations, Smith is as empathetic as he is outspoken in giving advice. "Don't let the emotions that follow a divorce drag you down--deal with them realistically," he tells readers. Instead of joining self-pity groups, turning to alcohol, filling voids with excessive friends, or what he calls "letting your brains go into your pants," he suggests healthier solutions. After his own divorce, Smith turned to writing short stories, an emotional release that worked so well for him, he included some of the stories in the book. The "Massage" stories are examples of what good intimate relationships can be like--and how they can fail, he adds. "Learn from these parables. It's a lot easier than repeating your mistakes."

Smith gives ample consideration to the "women who fall in love with divorced men," including a section with twenty questions women should ask themselves before getting involved. Happily married couples also will find his words apply to their situations. "Profit by the mistakes of others and ensure that you never fall into the 50-plus percent of people who are divorced."

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