

# HAPPIER, HEALTHIER

## Mid-Life Divorce

Divorce can leave women vulnerable; information and support make the transition successful

By Trey Yates

**W**hen Susan discovered her husband of 30 years was cheating on her, she was devastated. She felt flawed, ashamed, and anxious about her future. She wondered, *How will I be able to provide for myself now? Who should I turn to for advice? What should I do first?*

Every day, women Susan's age experience crisis points in their marriages. Many realize their marriages are simply not working any longer due to alcohol or drug use, infidelity, or emotional or physical abuse. And while women in these situations typically are the ones who initiate divorce, they have the most to lose financially.

According to a survey conducted by AARP, women facing divorce in midlife are especially vulnerable financially and more likely than men to be troubled about becoming financially destitute.

In her book, *He's History, You're Not: Surviving Divorce after 40*, Erica Manfred writes "Older women's losses are greater. They have been married the longest and take the hardest hit both financially and emotionally. They lose happy memories of times past, and the expectation of a secure, comfortable future.

It can be especially devastating when you lack the resilience of youth to help you bounce back. It's harder to start over at an age when you're supposed to be looking forward to winding down, not gearing up.

Since 1986, I have served the legal needs of many women clients challenged by a failed marriage at mid-life. Unfortunately, many women facing divorce in this age group feel as if they have lost control over every aspect of their lives—financial, emotional, and spiritual. They are thrust into an unfamiliar legal maze and called upon to make important, irreversible life changing decisions.

**The half-day *Guide to Good Divorce* seminar includes sessions on the law of divorce in Texas, divorce financial planning, life skills, as well as physical and spiritual and wellness. The seminars also include fun activities such as makeovers, fashion tips, and more.**



Despite these challenges, I have found women who come to see divorce as a catalyst to propel them into their next best life and can emerge from divorce stronger, wiser, and in more control of their destinies than ever before.

I recently created a program and seminar series entitled, *The Guide to Good Divorce*, designed to help women, mostly aged 40-plus, get the information and support they need to transition successfully through the divorce process to a healthier, happier life.

This seminar provides women with vital information they need to make informed decisions about divorce and the divorce process. Yet it goes one step further and addresses the transformative potential of this opportunity as a time of self-discovery and personal growth—offering advice and tips on life skills, as well as physical and spiritual wellness.

The half-day *Guide to Good Divorce* seminar includes sessions on the law of divorce in Texas, divorce financial planning, and life skills. The seminars also include activities such as makeovers and fashion tips, and a gratitude circle, where attendees express thankfulness for one thing in their lives.

Over the years, I have organized and led successful educational seminars for women facing divorce. In addition to providing information and access to experts,

these workshops offer women the opportunity to meet and share with others facing the challenges of divorce, and start to build new communities of support.

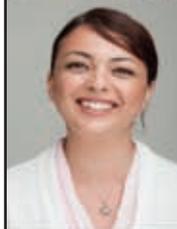
For more information and to register for the next

*Guide to Good Divorce* half-day seminar (July 20, 8:30am-2pm), visit [www.GuideToGoodDivorce.com](http://www.GuideToGoodDivorce.com). 🍷

*Sam M. (Trey) Yates, III, P.C. is board certified in family law and has experience in alternative dispute resolution mechanisms such as mediation, arbitration and collaborative family law and works to provide his clients with an alternative to costly litigation in divorce or child custody matters. Trey is involved as a volunteer in both pro bono legal outreach and civic matters in the Houston community. He has served on the board of directors of many charitable organizations that provide assistance to local citizens. He is also a frequent speaker and participant at continuing legal education seminars focusing on family law and providing necessary legal services to Houston's indigent population.*



Sam M. (Trey) Yates, III



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