



**P.O. Box 9949, College Station, TX. 77842 • Phone/Fax: 877-376-4955
<http://www.virtualbookworm.com> • info@virtualbookworm.com**

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Contact: Virtualbookworm.com Publishing Inc.
877-376-4955
reviews@virtualbookworm.com

New Divorce Guide by Freddy A. Paniagua Discusses Healthier Separation

Looking for a healthy way to separate or divorce from your partner without allowing emotional turmoil to take over your life? *Separate or Divorce the Way You Got Together: Happy!* delves into the emotional conflicts that occur from either a separation or a divorce and gives the reader alternative behaviors to promote safety and happiness through the difficult process.

Separation and divorce are generally too stressful for some to handle without engaging in what are generally known as "emotional conflicts." These conflicts are generally most severe when the decision to end the relationship is not mutual. These conflicts can result in acts of physical force and can occur even in people who are not normally prone to violence.

Emotional conflicts can also result in severe symptoms pointing to mental disorders, even to the degree of clinical depression with suicidal ideation and suicide attempts. The failure to handle emotional conflicts in a positive way can have an indirect, negative effect on members of the family, particularly children. The aim of this book is to help people explore alternative behaviors so they can separate or divorce the way they got together — namely, happy!

Author Freddy A. Paniagua earned his doctoral degree (Ph.D.) from the University of Kansas, Lawrence, Kansas, and a postdoctoral degree from Johns Hopkins University School of Medicine. He is a retired, tenured professor from the Department of Psychiatry and Behavioral Sciences and currently adjunct professor, University of Texas Medical Branch (UTMB) at Galveston, where he served as program director of Child Psychiatry Inpatient Service. At UTMB, Dr. Paniagua spent many years providing clinical services with emphasis on the assessment, diagnosis, and treatment of emotionally troubled children and adolescents, as well as counseling parents with the exploration of positive or happy ways to deal with the stressors that often result from either a separation or a divorce.

Separate or Divorce the Way You Got Together: Happy! is available in softcover (ISBN 978-1-62137-930-0), Hardcover (ISBN 978-1-62137-931-7), and eBook (ISBN 978-1-62137-938-6) from Virtualbookworm.com, Amazon.com, and Barnesandnoble.com. This book can also be ordered from most bookstores around the United States and United Kingdom. For more information on the author or the book, please go to www.paniaguabooks.com.

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