



Must-read  
divorce recovery  
books

# ***Top 10 Books to support you through Divorce***

Discover the best reads for coping,  
moving forward and laughing!



Going through a divorce can be really tough and emotional, sometimes you can feel like you're going through it all alone, like no one else really understands.

But the right books can be like a comforting hug or a really good friend. As someone who absolutely loves reading—I devour about 50 books a year and practically live on Goodreads—I know firsthand how powerful a good book can be in helping you heal and feel empowered.

I've put together a list of my top 10 books to support women through divorce. These are a mix of self-help and memoirs, packed with insights on emotional healing, empowerment, co-parenting, and creating a joyful life after divorce. Each one has been a game-changer for me and I'm excited to share them with you.

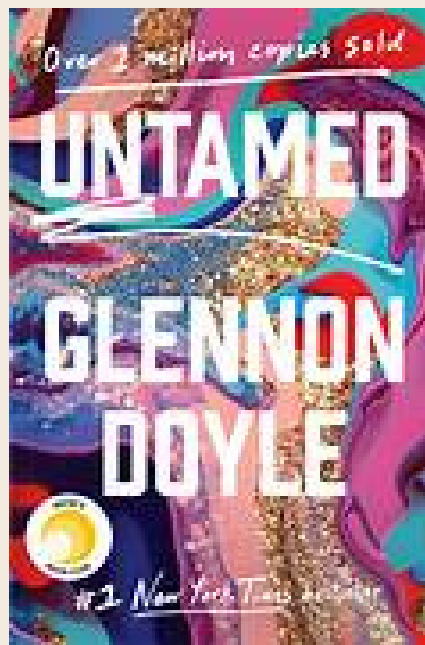
Whether you're looking for guidance, a sense of solidarity, or just a bit of laughter amidst the tears, these books have got you covered. So grab a cozy spot, your fav drink, and dive into these amazing reads. They're here to support you on your journey to rediscovering your strength and creating a beautiful new chapter in your life.



## Untamed by Glennon Doyle

- Genre: Memoir
- Overview: Glennon Doyle's powerful memoir explores themes of self-discovery, courage, and embracing your true self.
- Why It's Great: This book inspires women to trust themselves and reclaim their lives, making it an brilliant read for those seeking empowerment post-divorce.
- Empowering Quote: "The braver we are, the luckier we get."

[Read a bit here!](#)



## Really Good, Actually by Monica Heisey

- Genre: Fiction
- Overview: Monica Heisey's novel is a witty and relatable story about a woman navigating life after a sudden breakup.
- Why It's Great: It's a humorous yet heartfelt look at the ups and downs of starting over, perfect for anyone needing a laugh and a reminder that things can get better.
- Empowering Quote: "Life is long. You might as well try to be happy."

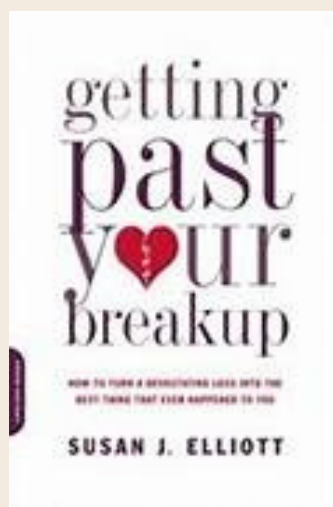
[Read a bit here!](#)



## Getting Past Your Breakup by Susan J. Elliott

- Genre: Self-help
- Overview: Susan J. Elliott provides a comprehensive guide to recovering from a breakup and moving forward.
- Why It's Great: This book offers practical steps for emotional healing and rebuilding confidence after a divorce.
- Empowering Quote: "Ending a relationship, especially a long-term one, is one of the most difficult things we can do. But it's also one of the most powerful."

[Read a bit here!](#)



## You Can Make This Place Beautiful by Maggie Smith

- Genre: Memoir
- Overview: Maggie Smith's memoir is a poignant exploration of finding beauty and resilience amidst life's challenges.
- Why It's Great: This book is a beautiful reminder for women that even in the midst of divorce, they have the power to create something beautiful in their lives.
- Empowering Quote: "Keep moving. Keep adding. Keep finding beauty."

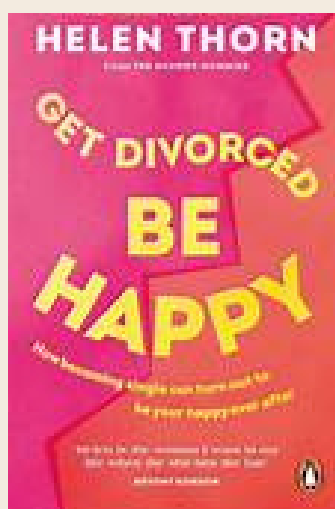
[Read a bit here!](#)



## Get Divorced, Be Happy by Helen Thorn

- Genre: Self-help
- Overview: Helen Thorn shares her journey of finding happiness and humor after divorce.
- Why It's Great: This book is an uplifting and funny guide to navigating life post-divorce, reminding women that happiness is not only possible but inevitable.
- Empowering Quote: "Divorce is not a failure. It's an opportunity to rediscover yourself and create a life you love."

Read a bit here!





## Moms Moving On by Michelle Dempsey-Multack

- Genre: Self-help
- Overview: Michelle Dempsey-Multack offers advice and support specifically for moms navigating divorce and co-parenting.
- Why It's Great: This book provides practical tips and emotional support to help moms move forward confidently and create a positive future for themselves and their children.
- Empowering Quote: "Divorce is not the end of your story; it's the beginning of a new chapter filled with potential and possibilities."

[Read a bit here!](#)

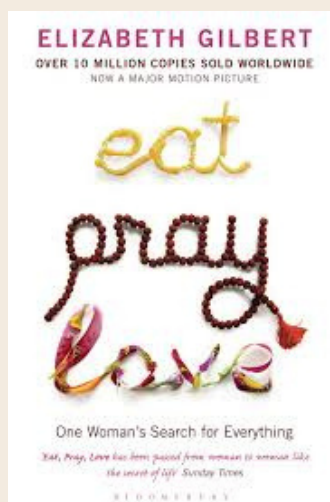




## Eat, Pray, Love by Elizabeth Gilbert

- Genre: Memoir
- Overview: Elizabeth Gilbert's journey of self-discovery and healing takes her through Italy, India, and Indonesia.
- Why It's Great: This memoir offers inspiration and hope for creating a joyful life post-divorce.
- Empowering Quote: "Ruin is a gift. Ruin is the road to transformation."

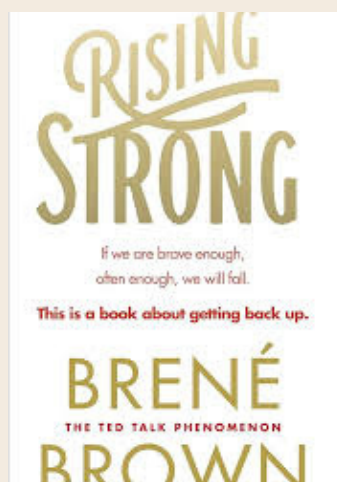
Read a bit here!



## Rising Strong by Brené Brown

- Genre: Self-help
- Overview: Brené Brown explores the process of recovering from failure and finding strength in vulnerability.
- Why It's Great: The book provides valuable insights into emotional resilience, essential for women healing from a divorce.
- Empowering Quote: "The irony is that we attempt to disown our difficult stories to appear more whole or more acceptable. But our wholeness – even our wholeheartedness – actually depends on the integration of all of our experiences, including the falls."

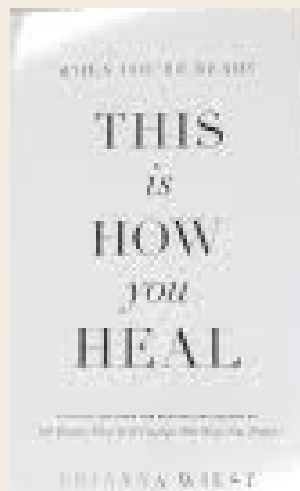
[Read a bit here!](#)



## When You're Ready, This Is How You Heal by Brianna Wiest

- Genre: Self-help
- Overview: Brianna Wiest offers profound insights and practical advice on the journey of healing and self-discovery.
- Why It's Great: This book provides a roadmap for emotional recovery and personal growth, helping women to heal and thrive after a divorce.
- Empowering Quote: "Healing is not about changing who you are; it's about changing your relationship with who you are."

[Read a bit here!](#)



## Wild by Cheryl Strayed

- Genre: Memoir
- Overview: Cheryl Strayed's memoir recounts her solo hike along the Pacific Crest Trail as she seeks to heal from personal tragedies.
- Why It's Great: The story of resilience and self-discovery is inspiring for women looking to rebuild their lives after divorce.
- Empowering Quote: "How wild it was, to let it be."

[Read a bit here!](#)

