



Divorce Poetry: Breaking Free

Tamara Mendelson

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It starts with the breakdown; twenty years together. It ends breaking free, into new life.

Poet Tamara Mendelson charts her divorce cycle in *Divorce Poetry: Breaking Free, A Soul-Healing Journey Through the Five Stages of Divorce*. She shares her raw emotions and bitter truths learned, such as the meaning of “forever”.

From breaking down to breaking free, each of the five sections includes poetry intended for people going through their own emotional tidal waves.

Mendelson never expected to divorce. What was to last forever, lasted seventeen years. Rather than settling for a loveless marriage, she made the decision to leave. Luckily for readers, she reengaged life with poetry as part of her healing process, and has discovered that others have suffered like she did.

Here she presents readers with her book of verse, expressing how to be with and endure their pain to find peace. Much light is found at the end of her journey, and with each poem, she helps readers find their own.

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