

New book explodes common myths

LAWYERS Samantha Woodham and Harry Gates founded The Divorce Surgery, a service which allows couples to get legal advice together.

In an exclusive extract from their new book *The Divorce Surgery, The Art Of Untying The Knot* - which is published tomorrow - **CLAIRE DUNWELL** unpicks some common myths.

● **Divorce is not a failure:** 42 per cent of



marriages end in divorce which means you are not alone. All you can do is make the right choice at the time and when it comes to ending the marriage, you can and should do it in the same way.

● **A 50-year marriage is not the gold standard:** You may have friends who seem as blissfully happy now as they were when they married decades ago. They are perfectly entitled to their happiness, but you are perfectly entitled

to yours. Your life will be first rate, not second best.

● **You do not have bad judgment:** Your decision to get married was not a mistake. The fact that it is now time for a change is not an indictment of your judgment. Don't let the ending contaminate everything that went before.

● **The way you divorce can be your choice:** One of the hardest parts of relationship breakdown can be coming to terms with the fact that someone else's choice has been imposed upon you. If

you are mourning the loss of your relationship, seek emotional support. In the meantime, respect yourself and the marriage you had by ending it well.

● **You aren't breaking up your family:** The term "broken family" is outdated and wrong. If you have children, you will be co-parents for life. Be extremely careful, when you are navigating divorce, to protect and nurture the co-parenting relationship you share. This is an opportunity to reshape your family unit.



IS THE LAW CHANGE GOOD NEWS?

NO



Says **COLIN HART**
Director, Coalition For Marriage

WE are extremely disappointed that the Government has ignored all the data and strong arguments against speeding up the divorce process, under the delusion that no-fault divorce will somehow prevent hurt feelings and bad breakups.

They will not.
What these changes will do is

hasten the divorce process, in some cases by many years, leading to a spike in the number of break-ups.

We suspect these will include many of the 10,000 divorces a year that were started under the old system but were subsequently abandoned as couples, given the space and support they needed, realised

they were better off staying together.

The Government is making a huge mistake ploughing on with these reckless changes - a mistake that will be measured not just by cold official statistics but by broken families and ruined lives.

We hope the Government thinks again.

Fab Daily Hot or Not



BOMBS AWAY

BACK in fashion just in time for the changing season, the bomber jacket has more than earned its place in our wardrobes. Major fashion players including Prada, Versace and Stella McCartney have given bomber jackets their seal of approval and now we are seeing them back on the high street. Try on this £34.99 number from New Look for size.



FRINGE BENEFITS

THIS is the final curtain call for shaggy, open side bangs, as the full fringe makes a triumphant return. Dakota Johnson, Maura Higgins and Nicola Coughlan are among the latest names to jump on a trend that is easy to style and to manage. We approve.

JAPENDI

IT is one of the most popular interiors trends and keeps getting bigger. Japandi is here to stay... and we are loving it. Merging clean and neutral design with functionality, the concept takes the best of Japanese and Scandinavian interior styling and blends them together. Pick up this foldable Ottoman for just £10 at Dunelm.



BEDDED BLISS

FORGET the bedroom. More and more couples are choosing to get frisky in their bathrooms, according to a survey by drench.co.uk. Nearly four in five of those polled have been getting steamy with their partner in the bathroom, while 54 per cent said they get it on in the shower.

COUTURE CLOGS

DESIGNER shoe firm Manolo Blahnik has collaborated with sandal maker Birkenstock on a range of sparkly clogs. With the shoes starting from a hefty £510 and the velvet fabric bound to get ruined out and about, we'll stick to our trusty Crocs, thanks.



20 WINKS

ACCORDING to a new study by budget hotel chain Travelodge, one in ten of us sleep on a mattress that is up to 20 years old. And a quarter say we would continue to use a mattress until it fell apart. We typically spend a third of our lives sleeping, so it might be time to consider an upgrade...

