

## Ep. 160 – Slow Down



WITH JEFF WILSON & DOREEN YAFFA

**Jeff 00:04**

Hello out there, everybody. Welcome to Episode 160. Today we're going to be talking about slowing down and taking a deep breath and how it benefits you in your life and in divorce. So if you're ready, let's get started.

**Doreen 00:29**

Are you ready to create a life that's better than ever before? We are Doreen Yaffa and Jeff Wilson, and we are here to give you the strategies you need to create the life after divorce that you deserve and desire as partners, both in marriage and coaching, we use our expertise as well as our own personal experiences to help you make the next chapter of your life the best chapter.

**Jeff 01:02**

Hello, Doreen. How are you?

**Doreen 01:04**

Good.

**Jeff 01:05**

Looking beautiful over there as always.

**Doreen 01:07**

Ah, aren't you so sweet?

**Jeff 01:09**

Did I get you cavity?

**Doreen 01:10**

Uhuh. Thank you, sweetie.

**Jeff 01:12**

All right.

**Doreen 01:13**

So let's take a deep breath and slow down.

**Jeff 01:17**

Yeah, I need a deep breath and to slow down as well.

**Doreen 01:20**

Yeah, I think we're, that's the topic of today's podcast, but I think that personally we we've been going through some things here, and I guess that's what brought up the episode, yeah, is we went away, and I think we might have talked to our listeners about that. We went over to Europe, to Pasitano and then on a cruise. And, you know, in the anticipation, and had this scheduled for quite a long time, it was also a big birthday for me that we were celebrating. But while we were there, unfortunately, your mom passed away.

**Jeff 01:56**

Yes, she did.

**Doreen 01:58**

So you know, her name is Sandy Wilson and very loved, amazing lady. And it hit us hard, it's going to be hard not to cry.

**Jeff 02:08**

Well, you know, she had an amazing life. She was an amazing woman. Just the fact that she never even told us how sick she was so we could go on the cruise was just a indication of the type of person that she was. She was very, very selfish. Selfless, selfless. Yeah, and we're really going to miss her, yeah.

**Doreen 02:31**

So it's been, it's been it was hard. I mean, you, that's what I talk about a lot, or we talk about a lot is the 50/50, of life, the good and the bad. You you have a plan, you know, we're going on this amazing vacation. We don't get to vacation very often. We're, you know, we're entrepreneurs. We are very busy. We love what we do. So you anticipate that, and then life throws you a curveball that you don't anticipate. And while we tried to make the best of our time. It was challenging, and fortunately, there was no time to get back to her in time to say our goodbyes, our son was amazing in that we were able to at least speak to her by FaceTime and yeah, she had stage four cancer, and did not even tell us. We had no idea that she had cancer, so if that says anything, but you know that, coupled with some other things, we had to put a family dog down. The kid's grandfather passed, my girl's grandfather, and we were very close with and still are with the Yaffa family. So there's just been a lot of death going on. And death, I think, is, you know, at least, what the therapists and psychologists, the experts, tell us is divorce can be very close to what you emotionally go through. It's hits you straight in the face, and it's like, wakes you up.

**Jeff 04:03**

Well, it's standing of one thing and in the beginning of another. Sometimes it's forced upon you, as it is in sudden death or, you know, divorces that you either don't want or, you know, or sad about. You know, it kind of puts you in a situation where you're forced to have a very, very deep look at your life and where you're going and what you're doing. And typically our listeners, you know that we come up with topics on our of our podcast based on what's going on around us. Most of them, yeah, and this is what we're going through now. So we thought it would be a great idea to talk about life slowing down and take taking that deep breath.

**Doreen 04:54**

Yeah. I think it's, another thing that we notice. When we were traveling, because we were in Rome, we were in Barcelona, we were in a lot of the excursions, because we were on a cruise. We chose not to get off the ship because we were mourning. We were still mourning, but we were in various cities, right in Pasitano, as I had said. And, you know, people are just generally and I'm not trying to, I don't know. I'm just gonna say it the way I see it, like, first of all, there's so many people, and second of all, it's like everyone is looking on their phone and they're taking pictures, and they're fast, fast, fast. And it's like, get into this line and do this, and then push you over here, and it's like, it's like everybody's just hustle bustle. And like, very rarely do you see someone just sitting down and like reading a book or having a conversation without a phone in their hand.

**Jeff 05:53**

Enjoying the view.

**Doreen 05:54**

Enjoying the view, or not, trying to go somewhere. Like there's so much trying to go somewhere, trying to get there, and it's like, but you're already here. You know what I'm saying? Like, this is where it's supposed to be, where you are at this very moment. Where are you trying to get to? Like, where are we all trying to get to? Look, we're big on goals, and we're big on that and creating your life after divorce, right? But there has to be the reality that wherever you're going to go, it's not better necessarily. It might be different. It might be better in other ways, but like where we are right now is everything, whatever you're doing, but we're just missing, I think just as a general society and world, we're missing so much opportunity to take in and to really see what's right in front of you,

**Jeff 06:47**

Asolutely.

**Doreen 06:49**

Especially, I think when you're in pain, there's this, this, as you say primitive, you know, we say the primitive brain, or the unfocused brain, or they..

**Jeff 07:01**

Go, go, go, rush, rush, rush, brain.

**Doreen 07:04**

That just wants to to get past it, to just react to just like, you know, something, your ex, soon to be ex, for example, says something or does something. It's like you just want to respond. You just want to like, you know, take action, or you just want the divorce over so quickly, and so it's like you're pushing but strategically and well, from a legal standpoint, but also

from an emotional standpoint, what I mean by what we mean by slowing down is take the time to figure out what you want and where you're going, right? And if whatever action you're taking is deliberate and for a purpose, right? We started, that's what I'm trying to suggest, is that, does it make sense?

**Jeff 07:56**

It sure does. I mean the prefrontal cortex allows us to plan, strategize, and do all these things that slowed, slow us down, but have the best results, right? And in the divorce, obviously, with your, let's say, your lawyer, or whomever you're dealing with, when you slow down and talk to each other and come up with a strategy and come up with a plan, because you've slowed down to think about it, you make better decisions.

**Doreen 08:26**

I think that, I mean, I can say, as an attorney, there's a lot of impatientness. Impatient. In other words, the client will send me documents or whatever the issue is and expect me to have an answer the same day. It's like it, doesn't work that way. You don't want to be delayed, but you certainly have to give time to consume, understand, ask questions, and then come up with strategy, and then the client should be understanding that strategy and asking questions. But many times in divorces, the clients, understandably, because you're emotional and it hurts to go through divorce, are pushing the legal team to push, push, push, and then what happens is there's a lot of lawyers that play into that. They react, they file motions, they send off nasty letters, they do things without thinking about what's the purpose of this? Why am I doing this? And then it costs the client money. It sets up a certain tone in the case of litigation. And if you just would have taken a step back as a client and a lawyer to say, why are we doing this? What is the cost benefit? I promise you'll get a better result. It may take longer, but I don't even want to say that that's accurate, because it may take longer to get somewhere. But the bottom line, it's more efficient, so it may cost you less.

**Jeff 10:04**

Yeah, you may. I wouldn't know about enjoying but you may experience a different process.

**Doreen 10:12**

What do you mean?

**Jeff 10:12**

Meaning the process of your divorce might be a little bit more tolerable. I want to, I'm not going to say the word enjoy it or benefit from it. But I think that if you do like you're saying, and you slow down and take the time to understand, be understood, I think you're going to enjoy the results of the process.

**Doreen 10:36**

I think what you're, what you're saying, is that the process will be less painful, exactly of the divorce. But what happens is, most clients, Jeff don't know that, because they don't know what they don't know. So even when we slow down and we look, I've been doing this 30 years, so I'm an expert. I know what, I've seen this, but when you slow down a lot of times, the clients still don't understand how it could have been. So they're still, you know, upset with the process, that it took too long and it cost too much, and the judge was unfair, and how come I didn't get this, but I know what it could have been, what it could have looked like. The client doesn't necessarily know that. So for the listeners out there who have cases going on right now, you I hope that you can get an understanding here and in sync with your

lawyer that strategy slowing down and understanding, why am I sending out all these subpoenas? Right? If I get the results, what is the dollar value of it, or what is the value versus what it's costing that's just one example came up recently in a case. In other words, every move should be done with a cost benefit analysis. Some of it has to be done in your divorce because it's required, right? And so you do it because that's what your court requires. But I see so much litigation that's just unnecessary. It's based purely on emotion. And with my experience, I can see it plain as day, I find that a lot of lawyers that are not experienced or, like I said, feed into the emotions of their client, letting their clients control their the case, like my husband just did this. So do this, I would be like, Okay, let me consider this. What is the purpose of this? How much is it going to cost you, and what is the result we're going to get? Because, look, it takes two to argue. Remember that part of what we do in coaching is the emotional aspect of getting through divorce. It's very easy to be in a state of anger with your soon to be ex, which means that they say something nasty, and you say something nasty back, and then you It goes on and on and on, and the lawyers buy into this, many of them. So why continue it? Because it feels good, like if you say something bad angry to me, should I just say something angry back to you, and then you'll say something back, like, what's the purpose? And they do this in litigation. It's like crazy. It's, you know, eventually cases settle. I always talk about that only 5% of the cases, and that's, you know, based on recent review in Florida, in major in my area, go to an actual trial, but they'll spend 10s of 1000s of dollars in little hearings and motions and all the nonsense back and forth, and then they eventually settle their case. Why is that? It's because people cannot slow down, put their emotions in check, and sit down and strategize and just figure out this is not that challenging, right? Usually the cases I are not that challenging, meaning they are numbers. Now, children issues, okay, that's a different subject. You know, if you have an impaired parent or you have to protect a child. I'm not talking about that, but I'm telling you, most cases, it's numbers. Yeah, it's numbers. How much is the alimony? How much is the child support? What's the equitable distribution going to be like? What? You know, it's and they get and it's, you get caught up in the emotion, and you can't you have to separate the two. You really need to work hard listeners on separating the two. There is the business of divorce and there is the emotion of divorce. And when you combine the business of divorce, which is the getting through the process, getting to a settlement, with the emotion, ou have a horrible combination. You have a horrible combination. But when you can separate the two and deal with your emotions in one place and deal with your litigation and the business in the other place, you have a perfect combination. That's why Jeff what we do at life after divorce coaching. I think every divorce attorney should be hiring us for their client, or their client should be hiring us, because if you're going to pay \$500 an hour for your lawyer to listen to your emotions, who can't even help you and address that and doesn't know what to do with them, because a lot of what's going on in your case is emotional conversation. That's an expensive cost with no results.

**Jeff** 15:44

More than what we charge.

**Doreen** 15:45

Exactly. So get the help you need to slow down.

**Jeff** 15:49

When you were saying most cases settle, I know you we had once before, talked about some kind of, what is it called, case fatigue, or something like that, they get so, tired of the fighting, yeah, it's almost like a forced, yeah, slow down. Yeah, you're so you're so tired of it, yes,

you're forced to slow down. And because now you've slowed down, you get it, you come to a settlement.

**Doreen 16:12**

What happens in so many of these cases? Jeff, is that it? Yes, you're right. We call it one of, one of the people in my office, team members. He calls it attorney's fee fatigue.

**Jeff 16:25**

Fee fatigue.

**Doreen 16:26**

Fee fatigue. Because what happens is that you go through the process and your gun ho and all this litigation and stuff that's going on, the lawyers and everything going on, and then eventually it's like, okay, well, what purpose does that serve? Some of it's very helpful. I'm sure. Some of it not. But now you're at the point where you know all the stuff you have, what you need to do, the business deal, and you're ready to settle it, right? And you're spent all this money on fees. I'm just suggesting that a lot of what happens between the start of a case and when you settle it, or if you go to trial, could be avoided, right? A lot of that expense, and that's emotional expense, and that's money expense, that's both. So if you have lawyers out there, talk about this, like, talk about your strategy. Ask always please about the cost benefit you want to do this. How much is it going to cost me? What can I what am I expected to get at the end? What is the purpose of this? Don't let your lawyer just run the show that way.

**Jeff 17:35**

I also, I also would think that most family attorneys, they don't really want to hear about the emotional stuff. I mean, so I think the Attorney benefits from it just as much as you do. Yeah, maybe, I mean, I know you benefit from it more, but the attorney is going to benefit from it also that just get down to the case and get the case over.

**Doreen 17:57**

You know, every word costs money. Think of it that way, because if you know most of the lawyers, or all the lawyers I know, charge by the hour, you know I have, I have another firm called SplytUp and we do flat fees, but that's for uncontested cases that people are already in the mindset to settle. They already are there before they even start their process, or right at the beginning. And unfortunately, that's not most. Yeah, so a flat fee would be great, but it keeps everybody in line. But you're right, because if they're spending an hour conversation with their lawyer, and half of the conversation is and they charge 500 an hour and half of the conversations on emotion, and just talk, talk, talk, talk. That's \$250 that's a lot of money.

**Jeff 18:40**

That is a lot. Break that down per word that's a lot.

**Doreen 18:43**

You're better off going hiring a life coach for that.

**Jeff 18:46**

I agree..

**Doreen 18:48**

Take that 250 go hire a life coach for a whole hour for that amount, and that's it. So slowing down is really important.

**Jeff 18:58**

We do deal with after divorce and I, we do have some clients that aren't even going through divorce, that are happily married or past divorce. I wanted to talk about some of the ways that slowing down can help you, just in life in general, yeah, you know, like, for an example, mental health, you know, it can help you focus better, make your brain can be more efficient, better results in your life. And that could really affect the divorce process as well, and the healing process you make better you know better decisions.

**Doreen 19:38**

We were just talking about it this morning. Jeff, right? Anything that you are trying to strategize to accomplish, most of us don't slow down and figure it out. We just start doing it.

**Jeff 19:50**

I know I'm guilty of that.

**Doreen 19:52**

And I am as well, but I'm less guilty of it. I you know, for me, it's. Like, if I'm gonna try to accomplish a goal, then I have to say this is my goal, and clearly identify what that goal is first. Do I really want the goal? Right? There's a lot of soul searching first, what do I what am I trying to accomplish? Why? My why. And then once I really realize what I want, then I got to figure out what I need to do to get there. That's that cost part. So once the so let's cost benefit again. The goal is to benefit the cost is what you need to do to get there. Then I can when I after, I look at what I need to do to get there, I go back to my why of the goal, the benefit, and determine if the cost to get there is worth the benefit. For example, I want to go back to the weight thing, because I lost 30 pounds over the last year. Okay, wasn't, wasn't some miracle I didn't take some drugs or some things that are available. You know, it's pretty easy, calories in, calories out, exercise, because I also wanted to gain muscle, you got to lift certain weight, and you got to get into the gym certain periods of time. Yes, there's supplements and things of this nature. Now, if I want to lose another 10 pounds, which I would like to do, I know that I'm going to have to do something more than what I'm doing now or what I did. And so is that cost benefit there? In other words, to lose another 10 pounds and to not be able to, I don't know, put a certain, you know, like, enjoy food, higher calorie intake, and so I would not be able to go out to dinner and just eat what I want, right, which I still have to do now, because I don't want to gain the weight back. But you know, I'm saying I'd have to really do tailored in to lose that last 10 pounds. Is it worth it? You better say no.

**Doreen 22:00**

He's like, I don't know how to answer that question.

**Jeff 22:05**

It's only worth it because how bad you want it, your why, I think you're perfect the way you are.

**Doreen 22:15**

Well, what I'm trying to say, thank you. You're so sweet. What I'm trying to say is the extra five pounds is going to be, you know, is it worth it? So what I'm saying, 10 pounds, five pounds. So I was just equating again. So once you know what your goal is, you know your

why, and you go back to now I know that I got to do this to get there. Then you go back and you do that cost benefit analysis now that I know I have to do all these things. Do I still want to lose the X amount of weight? Do I still want to go and try this profession or, you know, whatever it is in your life that you're trying to accomplish?

**Jeff 22:56**

All right? Well, the next thing is, we talked about how slowing down can affect your relationships. You know with anybody, your friends, your family, people that you meet, because when you slow down, you're allowing the listening process to work. You slow down, you listen more attentively. You can empathize, connect on a deeper level, and this is kind of essential, especially if you're co parenting with your ex, that you want to promote better relationships with them in the future.

**Doreen 23:28**

So I love the way you talk about the schooling of it, and I'll talk about it more like reality. So what you're saying is, when you're with someone, or you're engaging with somebody in a relationship that you either want to be in or have to be in, like coparents, stopping and being involved in the relationship is part of what can benefit you. In other words, when you're at a table with your new person in your life, and this is a guy or girl that you really want to get to know. You want to slow down and inquire of them. Be mindful of what the conversation is about, right? Slow down and think about the things you might want to know about this person, the things that might make this person interested in you. You know in communications, we learned that do more listening and less talking. So I think that's what you're saying, right? Is to slow down, to be more involved and in the present, in the relationship.

**Jeff 24:33**

Yes, you make a deeper connection.

**Doreen 24:35**

Correct.

**Jeff 24:35**

Absolutely.

**Doreen 24:37**

Next one.

**Jeff 24:38**

Next one. I'll explain it. You give me the example.

**Doreen 24:42**

You're kind of doing the-

**Jeff 24:45**

You mentioned it just now. You said mindfulness, right? But I'm being a little bit selfish right now, because it's slowing down can help you pay attention to your feelings, your thoughts, and appreciate the world around you, right? You know, remember, we always talk about taking care of yourself first, right? So I think slowing down will help you to focus in on yourself for a little bit.



**Doreen 25:10**

I think what you're saying is that take the time for yourself. What that means is, really, I like to schedule time on your calendar as an example, just for you. Just for you, you have to do it. You got to take care of yourself first. Slow down to take care of yourself. So maybe you might slow down first and figure out, what would you like to do that's fun for you, or that would be re energizing for you, or, you know, spiritual for you. Figure out what that looks like, really take the time to dig deep and know that first just saying, hey, taking care of myself sounds great. Like, I'll just go to yoga tonight. Like, because you want to take care of yourself, and so you're trying to put a band aid on it by going to yoga. Not that we love yoga. Yoga is great, but what I'm saying is first, slow down and figure out what it is that really will fuel your energy, your soul, and make you feel good. And then go ahead and put it I like to put it on your calendar.

**Jeff 26:16**

Yeah, you know what I like to do, and I recommend is to put on your calendar like maybe five minutes a few times throughout the day, to slow down deep, inhale through the nose, out through the mouth. And that does, scientists do say, and medical professionals say that it reduces the cortisol levels and decreases the stress in your in your body, right?

**Doreen 26:44**

You know, I'm in a program called Strategic Coach, and we have free days. Free days is a day that you put on your calendar, and we have a certain amount that are encouraged, where you do no business, no business. You may do chores and other things, but you give your brain a break. Your brain is a is also part of the body, right? And also, and it needs to relax. It needs, it needs to, you know, like, just like you work out a muscle, it needs to recover. And so the constant go, go, go is not giving you an opportunity to recover.

**Jeff 27:24**

And they also say that slowing down is crucial so you can prioritize better. You know, in other words, you'll you'll know what you have the crucial priorities are and what's not, and allow you to handle the day by day chores much better.

**Doreen 27:40**

So what you're saying, I mean, that's a principle, right? Yeah. So in application, what it means is, for example, there's a few school of thoughts in business that say, do the things that you are going to make the most impact on moving your company or whatever the goal is that you have right the highest lift first, that's the priority.

**Jeff 28:09**

Exactly.

**Doreen 28:09**

A lot of our primitive brain doesn't want to do that. When you have a project, it'll refuse to do it or procrastinate. It says, Well, let me answer the emails. Let me do all this. But when you prioritize what's important to reach your goal. The priorities should be fit into your schedule, probably as a priority, right? And those are the things that you may not always want to place as a priority. So recognizing slowing down and recognizing what those are that's going to make the most impact, I think, is, is what you're suggesting.

**Jeff 28:40**

Yes, that is true.

**Doreen 28:41**

Okay, next principle.

**Jeff 28:43**

No more principles. You know, I do want to talk about one of my favorite books.

**Doreen 28:48**

Oh, no, here we go.

**Jeff 28:49**

Yes, it's by Richard Carlson, and it's called Don't Sweat The Small Stuff. And it's all small stuff, and it kind of addresses the issues that we're kind of talking about today that we get so upset about the little things, we let it bother us. We lose sight of the things that are the most important to us, and we lose focus of them. And that's why everything is so go, go, go, and when you slow down, you tend to focus on the things that are more important to you. That's why he called his book, don't sweat the small stuff. And it's all small stuff.

**Doreen 29:25**

And we keep saying slowing down, but I think it's maybe, you know, the word could be a little bit confusing. It really means, like, take the time, yeah, to figure out why something is or should not, should be reacted to, thought about goal setting, like all of it.

**Jeff 29:46**

Probably talked about that in the beginning of the podcast. What the hell do you mean by slow down? Would have been helpful. Yeah, would have been helpful. But here we are, but you're exactly you're you're taking that pause, you're not rushing into any kind of decisions and thinking more rationally about what you want to do, right?

**Doreen 30:04**

You're taking yourself off autopilot. Let's just say it the way it is, to get a better result in your life on many levels, whether it's your divorce, whether it's your relationships, whether it's your own self care, whether it's your future, whatever it is, just slow down and strategize, figure it out, spend your energy in the most efficient way that you can right? And when you you know, as we started the podcast, when you have a death in your family, it makes you slow down and think, why am I doing this? What is the purpose and what would I rather be doing, potentially at this moment that would make me happier? Isn't that true?

**Jeff 30:50**

Yeah, we talk a lot about life as an address rehearsal and life is short, and when something like that happens, it definitely hits you in the face and says, You better start making some better decisions for what you want to do.

**Doreen 31:06**

What I was going to say is it's not just a better decision to seek a goal or whatever that looks like. It's also a better decision to recognize that the here and now is what's important. So do you want to have your head buried into a million Tiktok, you know, videos? Or would you rather be looking someone that you love in the eyes, engaging in a conversation, or looking

over at a sunset like that's what I'm saying. It's like, slow down and figure out what's important to you at this moment, at this time, for the divorce people out there so down, do you really want to be engaged in that fight and that argument, in that litigation, you know? Or would you rather control your emotion, figure out the better strategy and use that time and energy to maybe do the self care, figure out your goals have a better relationship with a family member. Don't spend your energy on your ex. I mean, think about it. The person that you probably don't like the most in life right now is gaining so much of your time and energy. Think about that. Yeah, that's something you should ponder.

**Jeff 32:18**

I took a couple of key takeaways from the book, I just want to go through real fast. The listeners are going to like this because they're going to be able to relate to it.

**Doreen 32:29**

What's the book again?

**Jeff 32:30**

Don't sweat the small stuff.

**Doreen 32:32**

I remember the book very well.

**Jeff 32:35**

All right. Small stuff isn't that important. Life is too short to let minor inconveniences upset us. Right? Choose your battles. Not everything deserves your energy.

**Doreen 32:51**

That's what we were saying.

**Jeff 32:52**

Okay, learn to let go of things that aren't worth fighting over.

**Doreen 32:55**

Perfect.

**Jeff 32:56**

Okay, be present. Living in the here and now prevents us from worrying about the past mistakes and future uncertainties, learning to let go.

**Doreen 33:07**

Why didn't we start with this stuff?

**Jeff 33:10**

Because I'm ending with a flurry, holding on to anger and resentment only harms ourselves.

**Doreen 33:18**

Absolutely.

**Jeff 33:19**

Okay. And you know, when you're able to do this, it just it will empower yourself and fuel your goals and the desires that you want to have in your life after divorce.

**Doreen 33:31**

I think that was a an amazing conclusion to the podcast. Yeah, those are great points. We should probably type those up and put them all over the house so that we can see them when we don't permit ourself.

**Jeff 33:44**

What do they call those positive affirmations?

**Doreen 33:47**

Well, yeah, but I'm just gonna put them up on post its. Okay, just put them up everywhere so that, you know, but seriously.

**Jeff 33:53**

Do we have to do it on post its?

**Doreen 33:54**

Post its are a thing in my house, because when I see something that needs to get done and it's a Jeff job, I just put a post it up on the refrigerator, or I put a post it up on his bathroom, in his bathroom. But yeah, maybe sometimes put post its up or put whatever reminders you need to just slow down, you know, because, again, it's so easy in this world, especially, to be on autopilot.

**Jeff 34:17**

How about if we mentioned the contest? You wanna do that?

**Doreen 34:20**

Sure.

**Jeff 34:20**

Okay, we're giving away a thrive after divorce program. Okay?

**Doreen 34:27**

Isn't that valued like?

**Jeff 34:28**

Over \$3,500 so if you want to register-

**Doreen 34:33**

Oh wait a second, how do they find out about it? Isn't it like, well, they should have-

**Jeff 34:37**

They should have already received something, whether on social media or some kind of, maybe some kind of a post or whatever. But if you have not and you would like to enter the contest, reach out to me directly. Send me an email at [jeff@lad-coaching.com](mailto:jeff@lad-coaching.com).

**Doreen 34:57**

And then you'll send them.

**Jeff 34:58**

I'll send them a registration form.

**Doreen 35:00**

Perfect.

**Jeff 35:01**

And then they can register to win.

**Doreen 35:02**

Perfect.

**Jeff 35:03**

All right, everybody.

**Doreen 35:04**

All right. Well, listen, have an amazing day. Be kind to yourself and others, and slow down.

**Jeff 35:10**

And deep breathe. Have a great one. Bye, bye.

**Jeff 35:22**

You have the vision of what you want your life to look like after divorce, but maybe you just don't know how to get there. So if you're ready to take control of your life and want to find out more about our coaching, visit us at [lad-coaching.com](http://lad-coaching.com). That's LAD as in lad-coaching.com.

**Doreen 35:45**

Until next time, have an amazing rest of your day and remember, yes, you can have an amazing life after divorce.