

Catherine Abbott of Heal After Divorce to be Featured on CUTV News Radio

VANCOUVER, BRITISH COLUMBIA, CANADA, April 10, 2015 /EINPresswire.com/ -- Few life experiences compare to the emotional devastation of [divorce](#). Many women find themselves stuck in their cycle of despair, but there are ways to move forward and have an even better life after divorce.

Catherine Abbott is the founder of Heal After Divorce, a coaching practice dedicated to supporting women to move forward with their lives after divorce.

“Loss and grief are natural when coping with divorce or a relationship breakup,” says Catherine. “It is normal to have emotional suffering when someone you love leaves or even if you are the one initiating leaving the relationship.”

Catherine was inspired to create Heal After Divorce following the dissolution of her 21 year [marriage](#).

“One day my husband came up to me and said he no longer felt attracted to me and wanted to separate. I thought we had a good marriage and we were happy,” recalls Catherine. “I was devastated. For three months I cried and screamed.

What’s wrong with me? What did I do wrong? I felt worthless and unattractive.”

She says it took over a year for her to even begin to think about forgiveness and move on in her life. In the end, she became a much more confident and assured women creating a new life beyond anything she could have imagined.

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“I started to realize it was up to me to change,” says Catherine. “The ending of my marriage forced me to reconsider my life. There were opportunities for me. I got to see myself in a new light. I decided it was important to support other women through this process so they can learn these techniques and find ways to express what they need to

express in appropriate ways to move forward and heal.”

Divorce can be extremely isolating. We all have friends and family we can talk to about our divorce, but of course we’ll only tell them certain things. Our deep, dark secrets are our own and they’re not as easy to share. As a coach, Catherine is there to support you to see there are ways to move forward.



“The saddest thing is when I talk to a woman who has been divorced for 10 years and she’s still angry and still hurting,” says Catherine. “As soon as someone commits to wanting to change, that’s the first step, so I’m grateful to support other women on their journey.”

CUTV News Radio will feature Catherine Abbott in an interview with Jim Masters on April 13th at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Heal After Divorce, visit <http://www.healafterdivorce.com>

Lou Ceparano
CUTV News
(631) 850-3291
email us here

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