



It Ain't You Babe, A Woman's Guide to Surviving Infidelity and Divorce

By Isabelle O'Shea



It Ain't You Babe, A Woman's Guide to Surviving Infidelity and Divorce By Isabelle O'Shea

“That night I did something I had never done before: I went into his email account. I felt terrible doing this behind his back, but what I found devastated me.....” So begins the story of one woman’s discovery of her husband’s affair and its aftermath. Her absorbing story of emotional survival is complemented by advice direct from top legal, investigative, financial and counseling professionals on how to handle this if it happens to you. It shares how many famous (and not so famous) women dealt with infidelity and divorce. The book also deals with the big “was it me?” question asked by so many women (and men) whose marriages or relationships come to an unplanned, unexpected end due to infidelity. In this book you will learn: How to tell if you are about to be dumped How to become your own detective What you must do before you confront your spouse Why men cheat on even the most loving and beautiful women How to get a divorce even if you are broke How to act before, during and after court How to handle the emotions of divorce Helping your children go through a divorce, How to stay financially solvent How to deal with depression, heartbreak & loneliness How to find new relationships How to create your own best future “I wish I’d had this when the bottom fell out for me....any woman in this situation should give this book a read.” K D., Director, Grassroots & Media Advocacy, American Heart Association, Mid-Atlantic Affiliate

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Editorial Review

About the Author

Isabelle O'Shea is a pseudonym for the author, a divorced mother of two and award-winning writer on the topics of relationships, lifestyle & health, whose articles have appeared in numerous magazines, medical journals and trade publications.

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