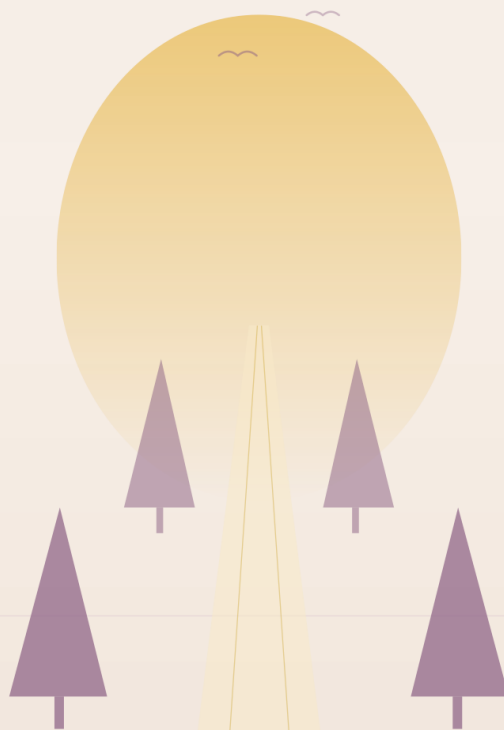


BUILDING A LIFE AFTER DIVORCE

A Short, Guided Starting Point



BILLY'S BOOKS

Break-up recovery, written by a man, for men.

William 'Billy' Brown

This one's a little different from the others. It's not just something to read — it's something to actually write in, even briefly. There's a real difference between turning a thought over in your head at midnight and seeing it written down in your own hand.

Five short prompts, each with space underneath to answer honestly. Half a sentence is enough some days. There's no wrong way to fill this in.

1. Where are you, right now, today?

Not where you think you should be. Just, honestly, where are you.

2. What's one thing you're carrying that isn't actually yours to carry?

Guilt, blame, someone else's reaction — name one thing you could honestly set down.

3. What's one small thing from the old life worth keeping?

A skill, a habit, a piece of self-knowledge. Not everything needs to be left behind.

4. What does a genuinely good ordinary day look like for you right now?

Strip it right down to the smallest realistic version. That's your actual target for now.

5. What's one honest thing you're hoping for, even if you don't fully believe it yet?

You don't need to believe it completely for it to be worth writing down.

If this felt useful, the full Companion Workbook goes through every chapter of the trilogy — *The Space Between*, *Still Standing*, and *Loving on Purpose* — with real reflection questions and proper space to work through your own version of all of it.

You can also read the whole story that started it, my autobiography, *Billy*, if you want the fuller story behind the story.

Whatever you've written here, however short, I hope it's a genuine start. Keep going.

— ***William 'Billy' Brown***