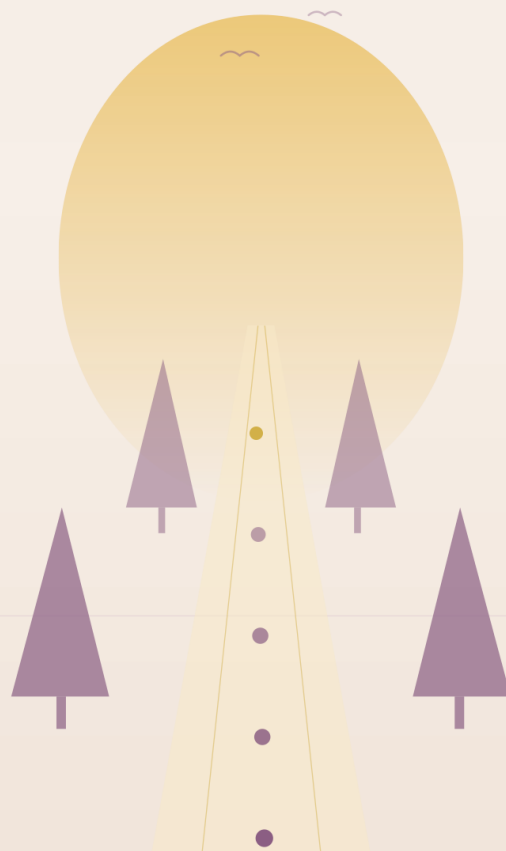


SIX PLACES TO START

A Short Introduction



BILLY'S BOOKS

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

William 'Billy' Brown

Everything on this site started from one thing: a marriage ending, a diagnosis I didn't see coming, and a long road back to a life I actually chose. Billy's Books grew out of that — the trilogy, the Hard Days Collection, the course, the workbooks — all of it built from the same story, written honestly, one piece at a time.

These six short guides are the easiest place to actually start. Each one is free, each one takes ten minutes to read, and each one is built around a specific, concrete moment rather than a general idea — the exact things I wish someone had handed me plainly, instead of me finding them out the hard way.

Five Things Nobody Tells a Man Going Through a Break-Up

The widest-angle one of the six — five honest things about the early stretch of a break-up that most advice skips past entirely.

The First 30 Days Survival Checklist

For the specific stretch right after everything changes, when the goal isn't doing this well — it's just getting through it.

How to Tell the Children

For the conversation most parents dread more than almost anything else in this whole process.

Starting Again: Financial Checklist

For the practical, unglamorous business of untangling money that nobody warns you carries its own particular weight.

Am I Ready to Date Again?

Five honest questions, no clean pass mark, for whenever that question starts showing up on its own.

Building a Life After Divorce

A short, guided starting point — five prompts, and the first taste of the fuller Companion Workbook if you want to go further.

None of these six are the whole story. They're just an honest, quick starting point, built from the same life the rest of Billy's Books comes from — the trilogy, the standalone guides, the Hard Days Collection, the course, and my own autobiography, Billy, if you want the full account behind all of it.

Start wherever actually applies to you right now. There's no correct order, and no obligation to read all six before you're ready for more.

Whatever brought you here, I'm glad you found this. Keep going.

— ***William 'Billy' Brown***