



## Say Goodbye to Crazy: How to Get Rid of His Crazy Ex and Restore Sanity to Your Life

By Dr. Tara J Palmatier, Paul Elam

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If you have an ex-wife in your life that is ruining your current marriage and wreaking havoc with your family, read this book. It will give you the answers you need to live a life free of chaos, anger and frustration. Say Goodbye to Crazy is one of the few books that addresses how to cope with a hostile, angry ex-wife whose destructive behavior is overlooked by the courts, the society and sometimes, even your own husband. It is a life-saver. ~ Helen Smith, PhD, forensic psychologist and author of Men on Strike

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### **Editorial Review**

#### **About the Author**

Dr. Tara Palmatier is the founder and publisher of Shrink4Men and works with men and women suffering from the effects of relational abuse and high-conflict relationships. Paul Elam is the founder and publisher of Avoiceformen and coaches men struggling with a variety of life issues.

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**Allison Lyon:**

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