

Author: Dale J Brown Ph.D.

Category: Divorce Recovery

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Page Length: 380 pages

Publication Date: October 2018

Publisher: Beat Dog Press



Beat Dog Press

Every day brings more news of men behaving badly, making destructive choices that cause irreparable harm. People are angry. Blame is easily placed.

But I believe men are worth saving. **Daily Survival Guide for Divorced Men** takes divorced men from a place of guilt and pain and shows them how to be transformed into the good men our world desperately needs.

Everyone wins when men grow into who God wants them to be.

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# Author Bio

A longtime pastor, speaker, teacher, mentor and coach, Dale has been a community leader for over 30 years. After officiating at hundreds of weddings and counseling countless couples through marriage difficulties, Dale found himself divorced.

Determined to continue to serve hurting and wounded people, he started **Men's Divorce Recovery**. Knowing the stakes are high, Dale is determined to make a difference in men's lives as they face recovery and rebuilding from the trauma and losses of divorce.

Dale has pastored six churches in Texas and New England, traveled and taught overseas and led Men's Retreats and Conferences. He has taught in numerous prisons and been a chaplain in the hospice, hospital and first responder settings.

He holds a B.S. from the University of Texas and the M.Div. and Ph.D. degrees from Southwestern Baptist Theological Seminary. Learn more at [www.mensdivorcerecovery.org](http://www.mensdivorcerecovery.org)



## Dale J. Brown, Ph.D.

Founder & Executive Director

**Men's Divorce Recovery**



**Men's Divorce Recovery**

*Survive & Thrive*

# Book Bio

Dale's new book, ***Daily Survival Guide for Divorced Men***, is a 91-day devotional guide packed with wisdom, encouragement, practical advice and effective coping strategies for men hurting from divorce. Combining the wisdom of 35 years of pastoral ministry with wit, humor and a few personal stories, Dale takes his readers from the pit of despair to a place of hope and healing.

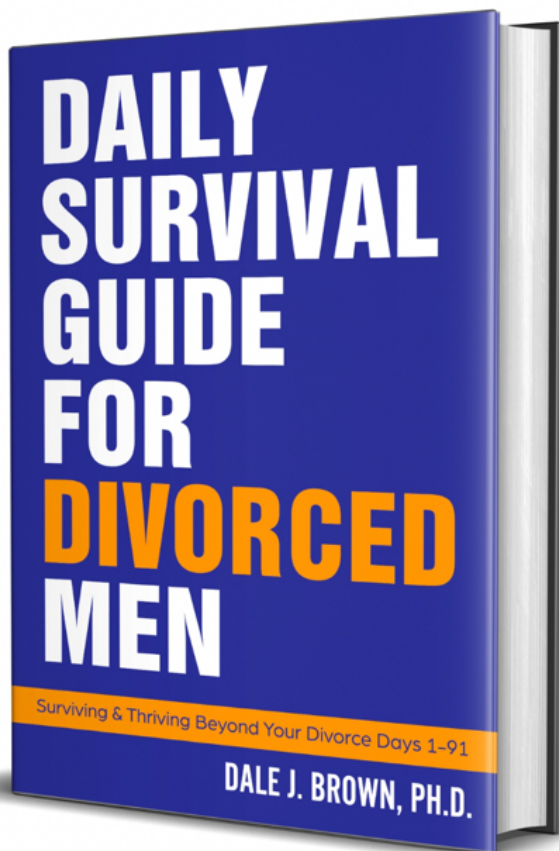
Topics include

- The Stages of Divorce
- Fail Forward, But Not Flat on Your Face
- Pain and What to Do With It
- Handling Expectations
- Suicide and Homicide Risk Assessment
- Regaining Your Courage, Health, etc.
- Embracing God's Acceptance
- Understanding People's Reaction to Divorce
- Balancing Fault and Responsibility
- Dealing with Addictions

A man's pain is experienced and expressed in unique ways. The ***Daily Survival Guide for Divorced Men*** takes men's distinctive journeys into account, offering a balance of empathy, understanding, encouragement, inspiration and aspiration to move forward.

***Daily Survival Guide for Divorced Men*** will be followed in Spring 2019 by a new book, ***Quick Start Guide for Divorced Men***, designed to be a gift to a man in the immediate aftermath of discovering his wife is divorcing him.

More books planned for this series include: ***How to Help a Guy Get Through Divorce*** (a 100-page guide for friends/family of divorcing/divorced men) and ***The Godly Guy's Dating and Remarriage Post-Divorce Handbook***.



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# TESTIMONIALS



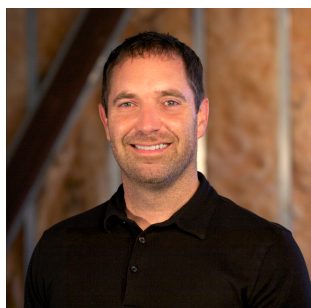
I get two to four requests a day for a book endorsement and I must refuse most of them, but everywhere I open this book there is wisdom—and hard-won wisdom—plus the need is so urgent and so widespread! So I want to go on record in support of Dale Brown's fine book. I know its truth from years of working with men.

— **Richard Rohr**, author of ***Falling Upward: A Spirituality for the Two Halves of Life***



Dr. Brown has written a book that challenges, inspires, and comforts men who have experienced divorce—and other losses—and are confronting the pain of it. He has experienced the deep pain of divorce himself and he writes out of the wellspring of experience. This devotional speaks directly to wounded men and walks with them on a daily journey to healing, wholeness, and forgiveness.

— **Dr. Everett L. Worthington, Jr.**, author of ***Forgiving and Reconciling: Bridges to Wholeness***



There is no better teacher than experience. Dale has walked through the pain of divorce which allows him to not only relate but provide relevant help to other men walking through divorce themselves. This workbook helps other men with practical, powerful principles Dale has learned and applied first-hand.

— **Dr. Micah Davidson**, Lead Pastor, Real Life Church, Austin, Texas

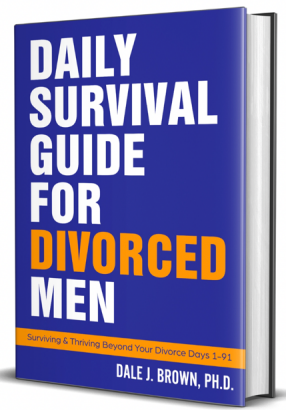
Dale Brown is a man with a Pastor's heart. He has a passion for helping other men who have experienced divorce as he has, yet, without the kind of help that he gives in this book. Dale is a man worth listening to and the book is worth the read. Help yourself. Let Dale help you. Let God help you with this meaningful tool.

~ Dr. Ken Baldwin, Associate Pastor, Real Life, Austin, Texas

We are so blessed to have had Dale in our lives and to this day, even though he has moved halfway across the country, we still consider him to be our Pastor and friend. Dale has always made himself available to us encouraging us during times of hardship. Every time Dale preached we took it with us throughout the week. He welcomed our questions as we searched scripture. Dale is very approachable! He never puts himself on a pedestal and openly acknowledges his shortcomings. Dale Brown is a true Christian Leader who 'walks the talk'! We are so very blessed to have had Dale in our lives.

~ Anna and Barrett Bacal

# Target Audience



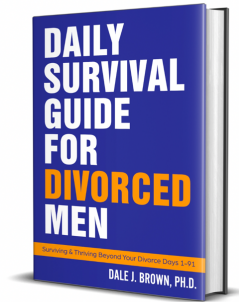
## WHO SHOULD READ

- Men struggling through divorce
- Friends and family of men going through divorce (to give to men)
- Counselors, Therapists and Pastors working with divorced men
- Lawyers to give divorcing men

## BOOK BENEFITS

- Helps men understand and normalize their emotions. Gives effective coping strategies to survive through the crisis and thrive beyond it.
- Helps healthcare professionals understand men suffering through the challenges unique to divorce.
- Challenges men to choose to be better rather than bitter over their divorce.
- Increases a divorcing man's understanding of what his children are going through and challenges him to be present to them through the divorce.
- Helps a man push against self-destructive habits such as alcohol/drug consumption, pornography and/or risky behaviors.

# Book Excerpt



## Day 2: Pain and What to Do with It

Wikipedia defines pain as a distressing feeling often caused by intense or damaging stimuli.

Pain defined with words and pain experienced in real time are two very different things. The moment I knew I was being divorced, my soul was transported to a place it had never been before. The pain I experienced cannot be explained, only experienced. Millions of men experience this pain, but it goes unspoken and unaddressed because our culture says that men cannot feel that way. But I did.

After about six months of spiraling black thoughts, emotions tumbling all over the place and living through the sheer agony of what I was going through, I wondered what would happen if I just started posting *all* my thoughts on Facebook. What if I posted raw, unfiltered comments on what I thought, what I felt, and what I considered doing?

The few times I revealed my thoughts and feelings on Facebook, the pushback was swift and trite—the theme of the message being, “*God will take care of you, suck it up, have faith. Get over it.*”

In other words, “We don’t really want to hear about your problems, and we certainly don’t want to listen to you whine about them.”

But I was dying inside. My heart was crushed, my soul disintegrating within me. Then I found this passage in the biblical book of Job: *What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.*

Job was a manly man. He was super successful and seemed to be a genuinely good and humble man, but strong as well. But when his world came crashing down, he told it like it was: *What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.*

If you think you are not in pain, check again. If you think you cannot feel your pain, step back and observe what you are feeling. If you think it is unmanly to name your pain and try to offload it, then consider Job. Job hurt and he said how much he hurt.

Here is a great truth largely ignored by our society: ***Wounds to the soul are just as painful and damaging as wounds to the body.*** People clearly have no grasp of this profound yet unrecognized reality. In our society men are not expected to experience any soul pain and we should not expect any comfort or consolation when we do.

Here’s the thing: God did not cause your pain but he knows about it. And he knows that he can do something with your pain—like ease it up over time and even transform it. God doesn’t waste pain. Let this truth sink in: God does not waste pain. God will absorb and transform your pain if you let him.

# Interview Questions

1

Why should we care about divorced men?

2

How many divorces are there?

3

Is this rate going up or down?

4

Why did you write this book?

5

What are the stages of divorce?

6

What's at stake regarding the issue of divorce and men?

7

Is divorce usually the man's fault?

8

What are some losses divorced men face?

9

Do divorced men suicide more than the average man?

10

Do divorced men commit homicide more than the average man?

11

What is the biggest mistake you see divorcing men make?

12

How can someone help a friend or family member going through divorce?

13

How did your friends react to your divorce?

14

What kinds of resources do divorced men have for help?

15

How long does recovery from divorce take?

16

Would does recovery look like for a divorced man?

17

How does God help a man get through divorce?

18

What is wrong with men today?

19

If you had one word of advice to a divorcing man, what would it be?

20

What ways do you see your book being distributed?"

# STORY IDEAS FOR REPORTERS:



**1. What is Happening to Men?** Beginning with Harvey Weinstein in October 2017, dozens of famous men have fallen from grace. What is at the root of all this dysfunction?

**2. Mass Shootings Related to Relationship Problems:** On November 5, 2017 26-year-old Devin Patrick Kelley stepped into a small Church in Texas and unloaded 15 magazines of an AR-15, killing 26 and injuring 20 more. The heart of his anger was a problem with his mother-in-law. Many of the mass killings in recent years can be traced back to men not handling relationships with women well.

**3. Men Don't Talk. Or Do They?** Men are notoriously reluctant to express their emotions. But men think and thoughts produce emotions. While many men have trouble expressing their emotions verbally, they do express their emotions in surprising and sometimes destructive ways.

**4. 15,000 Divorces Every Week Are Taking an Unrealized Toll On Our Nation.** Most of us know someone who is divorced or have experienced divorce ourselves. What is the toll to our nation's bottom-line for the breakdown of marriage in America?

**5: A Friend is in the Middle of Divorce. What do you Say? What Can You Do?** Divorce is messy, confusing and usually unexpected. And that's for the friends and family of couples going through a breakup! Family and friends tend to withdraw from the divorcing couple because they don't know what to do. Pushing against this natural tendency to pull back can lead to help and hope for those in the throes of divorce.

## DAILY SURVIVAL GUIDE FOR DIVORCED MEN

Surviving & Thriving Beyond Your Divorce Days 1-91

DALE J. BROWN, PH.D.



## FOR IMMEDIATE RELEASE

New Book Offers Hope and Practical Advice to Divorced Men:

### ***Daily Survival Guide for Divorced Men: Surviving & Thriving Beyond Your Divorce Days 1-91***

AUSTIN, TEXAS (January 2019) — Over 15,000 divorces are filed every week yet the grief and loss among this enormous segment of our population goes unnoticed. The consequences can be deadly. Divorced men are more likely to engage in risky, addictive behavior and commit suicide or homicide. Yet few resources exist to guide a man's soul through the minefield of divorce.

In ***Daily Survival Guide for Divorced Men: Surviving & Thriving Beyond Your Divorce Days 1-91***, seasoned Pastor Dale Brown takes a newly divorced man from despair to a place of hope and healing. In 91 brief daily readings, men are directed step-by-step through healthy expressions of painful emotions to discovering a new positive identity.

In ***Daily Survival Guide for Divorced Men***, Brown

- Helps men understand and normalize their emotions, giving effective coping strategies to survive through the crisis and then thrive beyond it.
- Supports healthcare professionals in their understanding of men suffering through the challenges unique to divorce.
- Challenges men to choose to be better rather than bitter over their divorce.
- Increases a divorcing man's understanding of what his children are going through and challenges him to be present in their lives through the divorce.
- Helps a man push against self-destructive habits such as alcohol/drug consumption, pornography and/or risky behaviors.

***Daily Survival Guide for Divorced Men*** helps men navigate the painful journey of divorce, challenging them to survive intact and then thrive beyond their divorce. If a man receives this wisdom, he comes through divorce a better man. Better men is a win-win for everyone. The stakes are high. Men are worth saving.

#### **Connect:**

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Amazon Author page: [www.amazon.com/author/dalebrown3](http://www.amazon.com/author/dalebrown3)

[#mensdivorcerecovery](https://www.facebook.com/dalebrown3mecom)

[#menareworthsaving](https://www.facebook.com/dalebrown3mecom)



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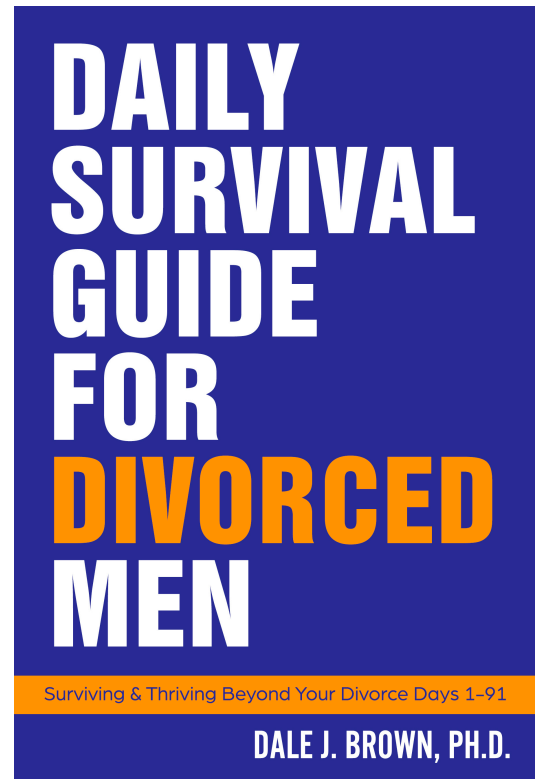
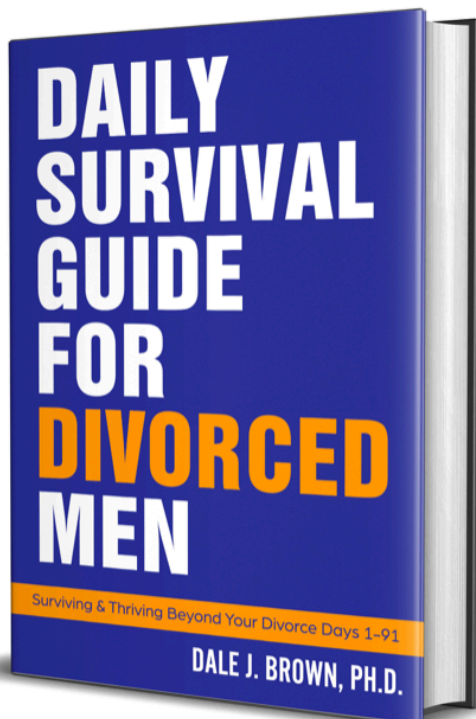
—Thank you.



Men's Divorce Recovery

*Survive & Thrive*

[CLICK HERE for High Res Pics](#)





# Connect with **Dale Brown**

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The Mission of Men's Divorce Recovery is to Empower Divorced Men through Support, Encouragement and Knowledge to Survive and Thrive beyond their divorce to become Resilient, Strong and Wise Assets to their World.

