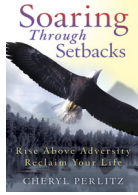


FOR IMMEDIATE RELEASE  
Chicago, Illinois

contact: Thomas Marquardt  
soar with me  
847-562-8933 cell 847-609-8032  
e-mail: [cheryl@soarwithme.com](mailto:cheryl@soarwithme.com)



## **Dealing with Divorce by climbing the mountain to new life**

Over 50% of marriages end in divorce, causing disruption for the entire family. Divorce happens – not because we will it, but because things and people change as circumstances change with time.

Like death, loss of a job, loss of a dream, and all other major losses and changes, the transition into new life carries with it strong emotions of fear, pain, anger and rejection – financial insecurity and loneliness. Individuals and families must go through a tough emotional period of transition to find joy again in a new way.

Cheryl Perlitz is a mountain climber, survival expert and author of ***Soaring Through Setbacks...Rise Above Adversity and Reclaim your Life***. She is no stranger to loss. She lost her husband, and both parents, her house, her beloved dogs, her cars, and her business. She was robbed, sued, audited by the IRS and then had a stranger die sitting next to her in the movie theater - all of this in a 4 month period.

As a mountain climber Cheryl believes that the toughest mountains we ever climb are the ones we ‘can’t see’. Divorce is just such a mountain.

How do we climb this challenging mountain of change?

### ***At first we try only to survive***

The healing process is different for every individual. Some of us hit the ground running to avoid feeling sad, or mad. Others go to bed, and have trouble getting up. Some eat too much, and some eat too little. Some sleep a lot, and some can’t sleep. Some cry all the time, some are overcome with gut wrenching laughter. Some are angry and want to seek revenge, while others deny that things have changed. Emotional recovery times vary too. Dealing with the emotions, is part of letting go of the past and moving on: preparation for the rebuilding process.

### ***Lightening the load***

When the tumultuous roller coaster ride of emotions slows down, we are able to see a different view. The times of emotional crisis become further apart. Just as in climbing a mountain, our trek is made easier and faster and safer if the burden we are carrying is as light as it can be. What burdens do we need to unload to move ahead with our lives? I remember the closet cleaning frenzies and garage sales that uncluttered the material things. I marvel at the pieces of the past that I was able to push out of my mind, because

they just didn't seem important any more. I unloaded the obligations I said yes to that I hated myself for and the negative people that dragged me down right along with them. Emptying myself of what was weighing on me, opened me up to traveling freely and being ready to see a new world of possibilities.

### ***Preparing for the climb***

Traveling light frees you up and physical fitness assures physical and emotional survival. Exercising, taking vitamins, getting enough sleep, stretching and breathing all assure that you are ready for the tough climb to new life. Physical exercise starts the blood flowing, engages the endorphins to promote positive attitude, and keeps your mind sharp. Honoring yourself enough to take care of your body assures that you are operating as efficiently as possible.

### ***Throwing the rope***

As they travel to the peak, mountain climbers are connected by a single rope. They know that if anyone falls or runs into trouble, those on the rope will use their own strength to help. In the same way, friends, family, and strangers we meet are there to help us. Their strength holds us up. As I ventured out on my very first date, scared to death, and insecure, it was my friends who smiled at me in the restaurant behind the potted plant. It was a distant relative who taught me what I needed to know to be able to function financially.

### ***Moving ahead***

As we move ahead and slowly take one step at a time towards our new life, we gain the confidence to take some risks and move out of the comfort zone. Painful stretching always leads to new ways to view the world. Everything we try teaches us what does and doesn't work. Confidence builds as we build up experiences, and learn that there is no such thing as failure, only lessons to learn. Slowly we learn how to be resilient in the face of obstacles.

**New life and new beginnings are hard but as a survivor of tough times, we will find more strength than we ever imagined possible. We have climbed the hardest mountains there are .....and we are survivors.**

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" the on line training program "Working through Setbacks....The Path to Positive Change" and is co-author of Getting Things Done – Successful Women Speak. As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought

after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: [cheryl@SoarWithMe.com](mailto:cheryl@SoarWithMe.com)

To book an interview call:

847-510-5919 cell 847-609-8032

Cheryl is available for last minute interviews