

BigBrain Radio Show  
6/28/08  
Karen Stewart

(music - in)

DS: Hey it's Saturday morning! It's time for the BigBrain Radio Show. I'm Dr. David Stussy, and we have another BigBrain Radio Show about life and the metaphysical world – our BigBrain. The life... the brain that creates our life for us... creates our solutions... sees our problems... and finds the answers. And we've got a lady who has the answers for a lot of people, and we've had her on the show before... Karen Stewart. Karen, you want to say 'hi'?

KS: Hi. And thanks for having me back.

DS: Just for those who might be new listeners... Karen Stewart has revolutionized the process of what we call the greatest transformation that many people go through in their lives. Transformation means to change form, and the form I'm talking about is marriage. And it's sometimes called divorce, right?

KS: Exactly.

DS: Marriage to divorce... right?

KS: (laughter)

DS: And she has an interesting story because she is a very successful financial expert and expert in the area of how to handle money, etc... and had a successful company and she went through a divorce the caused quite a few problems, and she decided to take a...

instead of just ... you know how people complain about their divorce and what happened to them etc.? She decided to actually do something. And she did do something. She's created a company called "Fairway Divorce Solutions", which use attorneys as very little as possible, where people come to a solution that work... sort of a win/win – it works for everybody. And, it's a lot less expensive. Right?

KS: Exactly.

DS: I don't know if I said the most important words, but ... And now Karen is coming out... has been threatening to come out with her book and now she has. It's called *Clean Break: How to Divorce with Dignity and Move On with Your Life*. And so obviously, we're going to be talking a little bit about her book. We have made reference to it before, but now ... it's actually quite good. You know I really... what I really like are these little key actions and... things that you have in here.

KS: Well thank you. And I think that's what people kind of need. Right? Is they need little things that they can hold onto to help them through this ... what can be a very difficult time.

DS: Yeah. And I don't want to reiterate too much, but you know you did have a very difficult time, and it was very crushing to you. You were the main person... you know usually the roles are a little reversed... and the... you were the main "breadwinner", I guess. But financially, I think kind of things turned against you. I remember how you felt just lost in this attorney process and you were wondering

where the fairness was. And... you wondered where your attorneys were, etc., etc. And I'm sure this would not be unfamiliar. So, rather than... you know when you have a problem, the way to solve a problem is to pre-empt the things that could be handled before that, and that's exactly what you're doing.

KS: Well, I...

DS: Yeah, go ahead.

KS: No, no, that's fine. I was just going to say that's exactly it. You know often, you know your show's a lot about transformation and I think, you know... Moving through divorce myself and coming from a background that was strategic and was business oriented and financial, I looked to the divorce process to actually be a process and to be accountable to outcomes. And what I found going through it myself was just constant chaos after chaos. And as I went through my own divorce, and we've talked about this before, that's when I started to (1) articulate the problems with the system, which is ... a lot I talk about a lot of that in the book... and then to start to formulate a new paradigm. You know divorce is here to stay. It's not going away. We can wish it for it away, but that's just not how statistics are unfolding...

DS: Well that would be a different show.

KS: Exactly. And so here we are with divorce. Now, how do we move through this difficult time... the difficult emotional time... and yet make really grounded decisions? And I say to people there's really two areas we're making decisions: money and kids. And yet

our emotions play havoc with our ability to make the decisions because... because it is emotional. So the book really is a tool that people can use to help walk them through some of the pitfalls and some of the processes that they can hold onto, when they're moving through it.

DS: You know, I want to say something because I thought about this as I was looking at this and going through. If you're hearing this and you hear it's about divorce, and you say "well I don't... it's not a problem", I want you to listen to this in terms of just a way of looking at life. Because the way you're handling it, is the way people should handle all big problems. And so there's actually a solution in kind of it... and you're using sort of the matrix of successful solutions to do this. Whereas, when you get into the divorce process, it sounds like all logic, all processes (laughter)... like you use the word chaos, I guess...

KS: Well, yeah. And...

DS: And randomness... randomness... And when there's chaos, there's no specific task, there's nobody responsible. It's chaos... yeah... right... (laughter)

KS: No, that's true. And you know I think that's a good point. And... certainly my model of moving through any... you know, is... specific to divorce. But what I have found is, like you said, the model is designed to move through problem solving. And usually when we're in any form of conflict, whether it's at work, whether it's around a business partnership, whether... whatever it is... we need to

move through that conflict; we need to get resolution on different areas and we need to be able to remove the emotion so that we can feel really grounded and confident about our decisions.

DS: Well you know, um, I'm looking at your book right now... and you start out prologue... "A Fool's Mistake". I'm not sure ... describe divorce and all its outcomes. There is no better word. But you know we make decisions based on love and ... like I said, that would be another show, if we could pick different partners or whatever. But, I think it's part of that experience of marrying somebody and divorcing them actually is a part of growing ourselves. So if we can take a process like this and not create the chaos, then we can see the blessings that actually took place from that marriage or that union. Does that make sense?

KS: Well that ... well that's exactly right. And I think... you know when I was... I mean... I had ... What was missing when I went through my divorce is there was one option. Right? You're going through a divorce, the first thing that comes to mind is I need to protect my own turf so I'm going to go out and hire an attorney to help me do that. And what's missing in that thought process is...okay, maybe I need to hire professionals... maybe I need to surround myself with professionals to help me move this process, but what's missing is how do I do that? How do I proactively move through this time of my life, make good decisions and make well-informed decisions and not be the fool at the end of the day. And the fool at the end of the day is... and you know I'm always the first one

to put up my hand, as the book is a bit... a certainly about my story... as well as other stories... is... I just fell into that mind space of “they know better”. You know, they’re the professionals. They know better. When they’re asking me to ... to... you know... fill out an affidavit that is going to be used... you know... articulate all the things that is... that is my case... the negatives against my ex-spouse, and that’s going to be filed away with the court systems and the judges are going to see that. I just went along assuming that they had my best interest at heart. And what I found was that was the fool’s mistake. It was not empowering myself to make good decisions. And the fact is, is that there is not a lot of places to get that information. And I certainly hope “Clean Break” starts to at least raise our antennas and say “wait a minute here.” You know, here’s a series of questions I need to ask before I start to go down a path where there is no turning back. And anybody who has been in any kind of lawsuit... it has nothing to do with whether it’s divorce or business or anything... once you are down that road, you cannot get off it.

DS:           That is... that actually is quite good. Because even like I... remember with those affidavits, it would have the information, but it didn’t appear like the judge had read it. And then you had to be careful about how ... the way you talked to the judge... and what was said. And then your own attorneys had their own issues going on. It was like... It got to be like a circus almost.

KS:           Well it is. And I think this is where we make mistakes. We assume that in our system, that justice equals fairness.

DS: (laughter)

KS: Therein lies the fools' mistake. They are not one in the same. You can come out with the just outcome... as outcome that's based on the law is just. That may be so far from the... the word "fair", that you... you're just left spinning thinking, "My goodness. Is this what our system is all about?" And you know... I... certainly... I'm not... I'm not anti-attorney. There's a lot of great things about our laws. But... but our flaw as a society is we have labeled divorce as bad. We've therefore allowed our system to treat those going through the process as, you know, criminal-like or bad. And the sufferers of that have been the parents, and most importantly, the children... And our bank accounts!

DS: Well... and how far people will go. You remember... There was just this big thing down in L.A. where they were using all these secret spying and all that stuff on people. And...

KS: (laughter)

DS: ... And wiretapping... and hearing all this stuff. And so then it really gets to be a lot of animosity. And like I said... ah... a relationship starts with love. And if that love is still there... and there's some changes in the relationship... and the more harmful this whole process is, the less likely people are going to take forward the love and the blessings that were involved in that relationship... because you obviously learned something from it... or you should have ... and it contributed to your life in some form or another. If you are left with any kind of structure... (laughter)

KS: Well exactly. And I think what happens is a lot of people when they move through divorce they are so bogged down with the stress and negativity, and they feel like they are just trying to get out from under... they're just trying to take a breath to go to the next battle field... and...and that is not any sort of positive way to transform, and to learn, from our past so that our... we can create a better future. I mean, I totally agree with you. I mean... everybody who got married, I'm assuming when they walked down the aisle, they love each other. Right? We can make that assumption and it's probably appropriate...

DS: I'd say ... I'd say it's a pretty good one. Yeah.

KS: (laughter) And so... and here we are... the parties have no longer choosing to be together. And there's a whole lot of... you know... gammet of reasons... But what I say to people is that... good people get divorced. Um, bad things happen to good people. And while divorce is still a difficult time, it doesn't need to be a battle ground. And you can actually... if you move through it in a ... you know with your integrity intact and you move through it in a proactive way, you'll actually start the transformation... so that when you get done with the actual divorce, you're... you're ready to move on with the rest of your life... rather than having to take the next three or four years to recover from the divorce process.

DS: Well I think people need to regain their trust. So what we're going to do when we come back is talk about trust and how it shows up in terms of the way you do that. This is the BigBrain Radio Show

and we're with Karen Stewart... and she has her book called "Clean Break" about how to divorce with dignity and move on with your life.

(music - out)

(music - in)

DS: Hey, this is Dr. David Stussy and the BigBrain Radio Show. How I lost you and and you lost me. The divorce process. Love gone astray. And so we're talking with Karen Stewart who... puts love back in maybe. Huh?

KS: I hope so!

DS: Well, we were talking about trust... and... you know... because... Well love is a constant in the universe. It's a meta... gravity is the physical constant, love is the metaphysical constant. And we're talking about true, unconditional love. And there could be an argument made, and some people I'm sure would argue, but there's always that love, not matter how severe the divorce took place. And the more you can keep it... keep it intact, the more likely it's going to contribute to your life. And the trust that we have in our love for ourselves, is trusting our intuition... and you have a chapter on that. During the times of emotional crisis, we often shut down or lose touch with our own intuition, which can have devastating consequences. And I remember you having these little... lights flashing off in your head and then wondering... You're thinking it was better than theirs, but you kind of went with theirs.

KS: Oh, that is such a life lesson, isn't it? You know... I think if this is the one thing... and you know I talk in my book about the 12 rules for a clean break, and that is one of the key... key things is to trust your intuition. And you know, you trust first... First people need to trust that they're exactly where they are meant to be. I think we spend a lot of time over-thinking things. It's kind of human nature. And the problem is, is when we start to over-think things, sometimes we lose touch with our intuitive self. And...

DS: That has to do with our brain... our left brain is the over-thinking. That's the conversation we have in our head. And our right brain gives the big picture and how we fit into everything.

KS: So I guess...

DS: So you lose touch with one side of yourself.

KS: Yeah. And you probably know this better than me, but you probably... my guessing is in the time of stress, you probably go more into the over-thinking mode. Would that be correct?

DS: Well, it tends to be the way, because logic and thinking is the way we felt like we've... answered a lot of our solutions and then some people can go the other way and say, "Well, they'll take care of me. It'll all turn out." And you know that ... isn't necessarily right either. You have to balance that.

KS: You have to balance...

DS: Women tend to have better balance than men. But I think in during divorces maybe that that gets thrown off a little bit.

KS: Well I think what happens is people do... you know they go into stress modes. There's a lot of fear... you know fear is not the place to be functioning at a highly intuitive level. Fear is one of the main things that will shut our intuition down...

DS: Yeah, well since we're...

KS: ... Love of course...

DS: Since we're talking about the brain, what happens is the fear overrides your frontal cortex and you don't think as well anymore.

KS: See, there you go. And so we want to be coming from a place of love. Now, a lot of people – because I've worked with hundreds and hundreds of couples – you know when you talk like this people are like... are you nuts? Like I don't have any love in my heart. Well, at least love yourself enough... and the love for your experience will ultimately come ... if you can stay as much as you can in that place of love for yourself and trust your intuition. And I... if there is... you know when you have those little spider sense... when your stomach is turning, or your back is hurting, listen to that. It is... that is your indication that you are missing something. Something... you're either acting in the wrong direct... the wrong way. You are not seeing something clearly.

DS: You know when I... I'm going to state again that this... this chapter and the one after that are good for just about anything. I mean this is really... you know it's very contextual for living.

KS: Well, and I... thank you for that because I've actually had a number of people read it who aren't in the process of divorce and

say... you know have given the feedback that it has a lot of you know just practical ways to move through any kind of conflicted situation... or just quite frankly it's probably a lot of common sense. And I think... when you read the book, it is intuitive in nature. And that, yeah we know these things and how come we don't... if we know them, how come we don't necessarily live that way? And I think again it goes back to fear. But, you know, people in divorce need to trust first of all that they're exactly where they should be. If this divorce is unfolding, then don't over-think it. Find a way to move to move through it. You can't... you know whether you're the one leaving the marriage or your spouse is leaving the marriage, it is what it is, and as harsh as that sounds, I wish someone had told me that. I wish someone had said to me, "Karen, get over it. You know your husband is moving on, and the best thing you can do is move on." And I ... I kept holding on to ... um... false hope and... and... a huge state of denial, which also comes with fear. So, you know, trust yourself. Another thing is ... you know you have to surround yourself with good advisers in divorce. It's very, very important. And what I always say to people is you want to be surrounding yourself with people who are going to tell you what you need to hear... not necessarily what you want to hear. And that's very intuitive as well. Because if someone is giving you advice, and your little spider sense are saying "Wait a minute here. Isn't that going ... you know if I put that in writing like you think... you know that you're advising me to put that in writing, isn't that going to create a whole a lot of fighting

that's unnecessary?" Listen to that. You know, just because somebody who has more degrees than you, or more experience than you, they are not ... they... you know best about what is authentic to you as a human being. And if we can live in that place of authenticity, which is intuitive, then ... then there is never a wrong.

DS: Well then let's ... let's talk about it, because ... what you're talking about is very, very clear. And so in having the people around you – and that's really the attempt by yourself. So tell us a little bit about what you created to have that happen. So if they wanted to duplicate it they could look for that.

KS: So... I'm sorry... I'm not exactly clear in what you're asking.

DS: Well, you have created a company...

KS: Oh yes!

DS: And you have certain people who have certain functions... that allow people to come to decisions before it gets to the legal concerns. And I know your number one is, once you've settled the property, or the money issues, a lot of the stress of having children and everything else just goes away.

KS: Well, and that's it. I mean, you know, I ... "Clean Break" talks about some of the problems with the system. It talks about how we got here in the first place, and it... it... proposes the new way. And that new way is ... is... sort of Fairway Divorce Solutions uses the Fairway Process. The Fairway Process can be applied I think to anybody – you can take that and use it. But, Fairway Divorce Solutions is the company, is the franchise that I started which is

helping hundreds of people move through divorce in a proactive way. And really, it's about... not ... not commingling a lot of decisions at the same time. You need clarity of mind and space.

DS: Well, I'd like to get more into that, because I know you have individuals... couples... I don't... they really don't ... meet together, but they come to decisions that they can hold together. And then that allows them to make the decisions about the divorce. Correct?

KS: Correct.

DS: And then... obviously you need financial advisors and other legal... So it isn't that you don't need that, but that isn't driving it so the dollar cost doesn't go up and up and up. I remember you had one thing where that one attorney charged you \$200,000 up front. You know that's like...

KS: Well...

DS: ... You're kind of hooked.

KS: Well and I think the thing is, is that in divorce there's two people moving through it. There's two people that need to come to hopefully... we need to get them to the same outcome. But, the reality is that these two are going to move through this process in an entirely different way.

DS: Okay. We're going to take a quick break. You can hear the music coming up. So this is the BigBrain Radio Show with Dr. David Stussy. Come on back while we talk about transformation of our love-life.

(music - out)

(music - in: “Heart of the Matter”)

DS: Hey, forgiveness. Going to the Heart of the Matter. We are really getting into the heart of the matter actually. And it’s easier to forgive when there’s less stress afterwards. Right? So Karen, when we have the divorce process, the healthier people come out of this... obviously that’s what we’re really gearing for. Because health is our ability to have optimal number of regenerative forward-action days. Well, if we have our resources and we have our emotional stability, we can regenerate our lives and move forward. And... ah... we want the optimal obviously. So the whole process for your is to really have a spring for people to move forward, and not lose their gracefulness, their resources – financially, emotionally, physically, whatever. Right?

KS: That’s exactly it. And I think... I think the key is the process... moving through and... You know, like I had said, you know I have a franchise, but it’s not in every state, and so... ah... but with ... the process is outlined in the book. And maybe it would be helpful if I sort shared a bit of what that process is like so that people, if they’re listening, they can at least sort of map it out in their mind’s eye, so when they go through the divorce they can say, “Okay, wait a minute here. Doesn’t it make logical that I should be doing this right now?”

DS: Okay.

KS: So... So... First of all, you need to get on the same... The two partners need to make some commitment at the beginning that they want to move through this process in a way that's not going to destroy their assets, their time, their energy. And I get that everybody going... you know, not everybody, but most people going through divorce are naturally going to want to sort stand in the corner and protect their own turf. And what I'm saying is you can do that, and you can still not destroy everything in the process.

DS: Do you pose this question to individuals when they come in?

KS: Oh, absolutely! And I don't just pose, I suppose...

DS: (laughter)

KS: ... I suppose I probably tell more than I pose the question (laughter). But... ah... you know most people who come here have already sort of said, "You know what? We don't want to lose everything in the process." That being said there's going to be conflict. You can't... I don't think I've ever worked with a couple – even couples that are very good friends – where there's not some issue of conflict... because you're no longer functioning as a couple. You're functioning as two individuals and you're going to have opposing opinions and opposing areas that you're going to be concerned about, particularly when there's children. So, the first thing is get them... it's not to destroy things. Then there's really a few key steps. Step one is, before you start to talk about who's going to get what – as far as money – figure out what the money is. There's tons and tons of time spent in arguing in courts and between attorneys

about what the value of assets are. And it's really, really prudent to just figure out what the values are. And I... It goes back to when you know we were all kids and our mom's said, "Okay. You know what? I baked the pie honey, and Joey, you get to cut it, but you know what? Sally, you get to pick the first piece." And I apply a lot of those sort of common sense strategies – even to those cases where there's millions and millions of dollars. Because, if we figure out what the pie is first, then we can take a step back and say, "Okay, now based on obviously the law and what it says clearly, but we need to now figure out how we're going to split this pie."

DS: Can I ask you another question?

KS: Of course.

DS: Do you take a look at... about those assets... because they can have a huge value, but they may not be that liquid... You know, they may have a certain function that they can be used in the future. I mean you have to really look to see...

KS: Oh!

DS: ...Because they can say it's worth a lot of money, but...

KS: That's so important! You see what happens is, if... that's why you have to approach it pragmatically. Because when you spend some time looking at the assets... and you may have investments in the stock market, where you're looking at diff ... not only different values of the assets now, but you're looking at different, you know, adjusted cost basis, which means you know what did I pay for it. Then you're going to have to consider the differences in risk. You

know you may... you can't put apples with apples. You can't say well this one's low risk and that one's high risk, but they're the same. So you really have to go through and figure out what is our net worth? What is their assets? What are our liabilities? What are the taxes associated with it? What are the differences of the risks associated with our assets? Lay that out first, with no attachment to who is going to get what. Then, once you have agreed ... and I ... in the Fairway Process, I never ever take people through the process together. It absolutely does not work because ... You know how they say opposites attract? Well, opposites do attract, so you tend to have a very linear thinking... not always, but you often have one partner who is linear thinking and the other one who is maybe more creative. They are going to approach problem-solving entirely different.

DS:            Hmm.

KS:            And yet they both have to get to the same outcome. So each person needs to be able to move through this process separately, but in a way that makes them feel like they're an empowered decision-maker...

DS:            You know and you just said...

KS:            .... And it's completely different.

DS:            You just said a lot about relationships. I think this is something... People don't... you know they want the other person to be like them and then... sometimes the good relationships you actually destroy what it was that you attracted to them. You're trying to make them so much alike. But they really are different the way

they handle solutions. And that... I think that's very important what you just said.

KS: Yeah. And that's why... that's why this process works. And... yeah... I say you know what... What made you fall in love with each other is great. Opposites attract. But when opposites get divorced, whoa!

DS: (laughter)

KS: Bang! You know? (laughter) So once... So once you've figured out and you've agreed... okay... yep, we've agreed that this, this... this is what our assets are, then you talk about how are we going to divide them. And ... and again, then you can start to be pragmatic. Does it make sense, for example, for one person to maybe... maybe somebody's incredibly attached to a matrimonial home, and maybe that matrimonial home is worth a lot of money. But, that... that person's not going to do any good having that matrimonial home if they don't have the money to support that home. So, this... this is the stage where people need to really look at what is my side of the pie going to look like? And, is it appropriate the way this is going to be divided... not just on taking a pie and splitting in half, or quarters, or however it's going to be done... and obviously the laws are different throughout the states. But, more importantly, what is this asset pie... what is this part of the pie going to look like for me in the future? Is it going to give me the security that I need? Am I going to be able to sustain the assets on my side of the balance sheet with the income that I'm going to get?

DS: For sure! Because lots of times, the house costs a lot to keep up... and... they're not aware of ... or taxes...

KS: Yeah! And people say... people say... nope! They slam their fists on the table. I am absolutely taking... I am not giving up my house! Well, you know you can... I'll say fine... you may have a house, but your stress is going to be so high you're going to be miserable to live with, and you're going to die young because you're not going to be able to pay for it.

DS: So do you counsel people on that so they can...

KS: Oh, absolutely!

DS: I mean because...

KS: Absolutely!

DS: Here's where you're going to need some other thoughts. And... um... you're only going to listen to so many people at once I guess.

KS: Well, yeah. And I think this is where the people who are ... you know are listening can ... really have to be smart about who they're going to get to advise them on this. And this is really a financial person. This is a person who understands what the implications... you know the... the impli... blah, blah, blah...

DS: Implications?

KS: Thank you! ... of their decisions are going to need... need for the future. So... so... it's ... After they've decided okay, here's what the assets are, this is how we're going to divide them – with a lot of advice so that they can feel confident about their... their financial

future moving forward. Then the beauty is their stress is gone WAY down. Their trust – not only in themselves but in their soon-to-be ex – has increased. Their anxiety around the potential tug-o-war between money and kids is eliminated, because money is now behind us. Then, we can move forward and make decisions about our children. I heard a statistic... and I'm...I'm always cautious about relaying them because you never know where they come from, but I heard a statistic that upwards of 30% of custody decisions are made in our courts. That is scary... because the people who should be making decisions about our children are our... are the parents. But the problem is, they're so bogged down with anxiety and fear, they cannot get on the same page and that's what I... that's the tug-o-war. Remove the money decisions, and then the parties can come together – not necessarily in the same room again – but they can at least...

DS: (laughter)

KS: They can at least be in a position to start to pull together a creative parenting plan...

DS: So...

KS: And I am a believer in “the parents know best”... you know, in most of the cases obviously.

DS: Well... so what I'm hearing is when you take this meticulous time to look at the assets, because that's what they're dividing... what they put together and how they're going to take it apart... and look at it in a way so that it supports the person ... like if somebody has an emotional attachment to a house, you're going to have them talk to a

financial person. They might need some psychological... psychologist to have them see ... their emotions are destroying their future... and once... But... It sounds like there's a little work there, and it's done separately. Once that happens, a door kind of opens up for the rest of the process to take place. Is that correct?

KS: Yeah, exactly. And I know that there's quite a few certified divorce financial analysts in... throughout the different states. And that...

DS: They call... What is that again? Say that again.

KS: Certified divorce financial analyst. And these are people who are trained to work in the area of divorce... around the areas of finance. So that's one resource. And I talk about that ... that... skill set in my... in "Clean Break". Just, you know, because ... you can sometimes go to your accountant, but sometimes accountants tend to be the present and the past... the past oriented. You need somebody who can really start to do some projections for the future... you know... if I have "x" amount of income, how... how much... you know how much can I spend on my house? And what are my... what is my situation going to look like in retirement? It's really important to look to the future and to the long-term future, because the decisions you make in your divorce are going to have an impact for the rest of your life, potentially.

DS: You can't go back and say, "Hey, I changed my mind".

KS: No, you can't go back five years... you know... go... say oh darn, I wish I knew better. Right?

DS: You know, in your book here, you have the examples... you'd have a family thing called "The Cunninghams". Is that right?

KS: Yes. (laughter)

DS: And some other... where you actually take them through some of the processes so people can kind of you, you know a template on that a little bit. You also have in your book... action steps and key points... and so... it's very, very meticulous in terms of ... of letting people get to this point. Because we can describe this financial analysis, but ... you know... it sounds big to people. So I really want to let you know that you've really done a really good job.

KS: Thank you.

DS: So when we get back, we're just going say about the final part, which is having something that is going to create the rest of your life. Alright?

KS: Good.

DS: And... ah... ah...we're going to take a break now. This is the BigBrain Radio Show. I'm Dr. David Stussy and we're talking to Karen Stewart... who has become a supreme expert on the divorce process with Fairway Divorce Solutions and the Fairway Process. And she has a new book called "Clean Break". BigBrain Radio Show. Dr. David Stussy.

(music - out)

(music - in )

DS: Hey, this is Dr. David Stussy... the BigBrain Radio Show. How can we have trust when there is rage? And we've talked about that on the show today, with Karen Stewart... and her book "Clean Break" – on how to divorce with dignity and move on with your life. It's very much of a transformational process, and she has a whole company to do that. And we have lots of things that go on with divorce.

(music –playing "Heart of the Matter")

DS: Hey, we're trying to get on. And it's all about forgiveness, moving on and letting our love that we have in our hearts shine on into the next relationship... and for our children... and for the structures that we have created by having a marriage. So... after that, you can take over, Karen. (laughter)

KS: (laughter) Well, you know... I was thinking just as I was listening to your music, I think one of the biggest things in going through divorce is try and live in the "now". You know... um... I was just reminding myself of sort of some of the... the key... the 12 key rules, and one of them is, you know, do not regret your past decisions. And I think a lot of people get into you know self-doubt and regret about the past. And it's very... that's a very disempowering place to be. And, it's really a much better place to be to ... to accept where you're at, to trust that you... that you're exactly where you're meant to be. But how you choose to move through the

process that is now in front of you is going to define a significant part of the rest of your life. So...

DS: You know, I think your book goes a long way in really having... letting people see that they are the controllers of their life and that they're doing the right thing. You know, I have an affirmation I say every day, which is "Life is going my way and everything is always working out."

KS: Yes.

DS: Because sometimes we get all hung up in that thinking process and we don't realize that it's working out. We miss it! (laughter)

KS: You know...

DS: We're so busy thinking about it!

KS: Yeah! And I think you know probably everybody has that... bit of a... you know "aha" experience where it's ... yeah, you know, when I haven't been listening to my... my intuition or listening to myself, I haven't made the best decisions. And, I think that... you know divorce is a... is a difficult time, but it's also a huge opportunity. It's an opportunity to be a better person; it's an opportunity to create a new... a new beginning; it's an opportunity to grow as a human being; it's an opportunity to be a better parent; it's an opportunity to have our "ducks in a row" as far as our financial and our career. You know there's a lot of opportunity in divorce, and I would LOVE it if society could embrace the... the goodness that can come out of it. I mean I...

DS: They ... They need to have your system or your thinking process with it... because... you know like I said, things are always working out. You know... I always... Another thing my kids get tired of hearing this, but I... is... you know we've all had things turn out but we spent so much time worrying about it.

KS: (laughter)

DS: If we knew they were going to turn out, we wouldn't have worried.

KS: Yeah...

DS: So why not... why... why get in that stress and start looking to make sure things are going to turn out.

KS: Well...

DS: ... because they do turn out.

KS: And I think that's the one thing about anybody who is struggling and feels that they... they... you know they can't get through the next day. And I ... I can tell you, they're going to feel great reading this book, because that's where I was. I was...

DS: Oh, you were... you identify with it very well.

KS: Absolutely! And I'm not preaching anything that I didn't live. I mean... I could not get "unstuck". And... and yet now, I would not trade that experience for...

DS: Well you've created a whole...

KS: ... the world.

DS: ... industry out of it.

KS: But...

DS: You're going...

KS: But...

DS: You're having companies all over the world, pretty soon.

KS: Well... exactly. But, everybody has that opportunity.

Everybody has the opportunity when you're... when you're at that kind of cross-road in life, to have it actually be a gift, or it can actually destroy our lives. And I... and I'll say to people sometimes... sometimes we spend too much time questioning why things are happening. Maybe you're not ready... you're... you're ready to know yet. You know... if I had known ... When I was going through my divorce, I had no idea why it was so bad. How... and it couldn't have gotten any worse. It couldn't have been any more difficult. And I was in the... you know in the corner of the floor hurdled... crying thinking I can't make it through another day. And I had this belief those that there was light at the end of the tunnel and that the... the universe was not going to put me through this without there being a reason. I just wasn't meant to know at that time what the reason is. And the... and we need to trust that there is a reason. And when the time is right to know what the reason is, you will know. But don't make the mistake of getting caught up in the chaos and destroying your money, and your children and your relationships, and yourself, because you can't see the big picture yet.

DS: Yeah, and like I said, I think this book can be used for... it would be just a good book for people to read... maybe even marriage

is a little rocky... they should just be looking at it. Maybe they'll start seeing the dignity in there.

KS: (laughter)

DS: Ah... so let's see... I'm just going to repeat the name of the book ... called "Clean Break". And it's by Karen Stewart, and she's the Founder and CEO of Fairway Divorce Solutions. And it's by Wiley Publishing. It is on Amazon.com. Right?

KS: That's correct.

DS: It isn't on the bookstores yet in the United States because there's some license you're applying for.

KS: Exactly.

DS: But... ah... a lot of people just go to Amazon anyway. So... They should get a copy of it... or give it to some friends of theirs that they know might be having some problems...

KS: And it's a fun read actually.

DS: And they can always come on and listen to this show again on the BigBrain Radio Show. We'll play this show ... they can listen to it anytime they want. So tell people you know who might be having stresses in their marriage – or any relationship. Even a business breaking up would have some of the same connotations. So... and at this time, there's a lot of financial stress. So... I could see this being very helpful in all types of assets. But of course, it's determined mainly for the divorce process... and the transformation of our married and unmarried state.

KS: Exactly.

DS: So... and... Any ... So anything... The people, can they go to your website?

KS: Yeah.

DS: Which is...

KS: [www.fairwaydivorce.com](http://www.fairwaydivorce.com).

DS: I see you have...

KS: Um... amazon....

DS: You have a brand new website here.

KS: I do. Yeah. And [www.amazon.com](http://www.amazon.com). And [www.amazon.ca](http://www.amazon.ca) are the two places they can probably get it.

DS: Oh, Canada. Right. (laughter)

KS: (laughter) Yeah! Yeah, for the time being, although we'll be down pretty soon.

DS: Well, we are... we are near the end of our show. And um... ah... I just want to... this song... I just want to leave everybody with a thought that there's ways that it can happen. And we all have that power. We are all BigBrains inside of us. And we appreciate you listening to the BigBrain Radio Show. And Karen, I appreciate you coming on again. You're always a delight.

KS: Thank you.

DS: And... remember... Thank the BigBrains in your life because we all are creating a life that's incomparable to anything known before. Thank you very much. BigBrain Radio Show. We'll see you next Saturday.

(music – out)

(end of show)