

Divorce / Breakup Coaching for Men

with Kregg Nance, MA

GET THE F OUT OF MY LIFE

A Men's Breakup Survive and Thrive Guide

by Kregg Nance, MA



For good guys going through a bad time...
8 actionable steps to successfully recover
from a breakup, separation or divorce

Kregg Nance, MA

Professional Family Mediator

Masters in Conflict Management

Lipscomb University, 2010

Certificate in Moralities of Everyday Life

Yale University (Coursera), 2014

Professional Certificate in Conflict Management

Institute for Conflict Management
Nashville, Tennessee, 2008

 info@kreggnance.com

 Sarasota, Florida

 [Linkedin.com/in/kreggnance](https://www.linkedin.com/in/kreggnance)

 Zoom Sessions

 KreggNance.com

Successfully move on from a breakup, separation or divorce with a personalized, actionable step-by-step approach

You will get **weekly support through the 8 action steps** from my book ***Get the F Out of My Life: A Men's Breakup Survive and Thrive Guide***

"One of the best Breakup / Divorce books of all time" - *BookAuthority*

8 steps to a new life

1. Ongoing support as you extricate from your partner
2. How to constructively analyze what happened
3. How to broaden support to get through it all
4. Connect with allies both old and new
5. How to rewire the brain and begin having fun again
6. Getting healthy with support
7. Secret sauce on how not to become cynical
8. What to look for and how to find a nice new woman

Reach out for a free 20 minute consultation now!

info@kreggnance.com | (941) 312-1120