

Salt and Sour: My Recipe for Starting Over

I never thought I would be one of those women who got divorced. I had been married for 10 years, and we had two beautiful children. But then, out of the blue, my husband told me he wanted a divorce. I was devastated.



Salt and Sour: My Recipe For Starting Over

by Manthia Diawara

★★★★☆ 4.5 out of 5

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I didn't know what to do. I felt like my whole life had been turned upside down. I was a stay-at-home mom, and I had never worked outside the home. I didn't have any money, and I didn't know how I was going to support myself and my children.

I was scared and alone. But I knew I had to be strong for my kids. I had to figure out a way to start over.

The first thing I did was get a job. I was lucky to find a job as a waitress at a local restaurant. It wasn't much, but it was enough to help me pay the bills.

Next, I had to find a place to live. I couldn't afford to keep the house we had been living in, so I sold it and bought a small apartment. It wasn't much, but it was a place to call home.

Once I had a job and a place to live, I started to focus on my kids. I wanted to make sure they were happy and well-adjusted. I spent as much time with them as I could, and I made sure they knew how much I loved them.

As time went on, I started to heal from my divorce. I started to feel stronger and more independent. I started to date again, and I eventually found love again.

My journey of starting over wasn't easy. There were many times when I felt like giving up. But I never did. I kept fighting, and I eventually found my way.

I'm sharing my story because I want to give hope to other women who are going through a divorce. I want them to know that it is possible to start over and find happiness again.

Here are a few tips for starting over:

- Don't give up. No matter how hard things get, don't give up. Keep fighting, and you will eventually find your way.
- Be strong for your kids. Your kids need you now more than ever. Make sure they know how much you love them and that you're there for them.
- Focus on the positive. There will be tough times, but focus on the positive things in your life. Be grateful for what you have, and don't

dwell on what you've lost.

- Don't be afraid to ask for help. There are people who care about you and want to help you. Don't be afraid to reach out to them for support.

I know that starting over can be scary. But I also know that it is possible to find happiness again. If you're going through a divorce, don't give up. Keep fighting, and you will eventually find your way.

Here are some additional resources that may be helpful:

- The American Psychological Association's website has a section on divorce and how to cope: <https://www.apa.org/topics/divorce/>
- The National Domestic Violence Hotline website has information and resources for victims of domestic violence: <https://www.thehotline.org/>
- The National Sexual Assault Hotline website has information and resources for victims of sexual assault: <https://www.rainn.org/>

I hope this article has been helpful. Please feel free to reach out to me if you have any questions or comments.

Sincerely,

Your friend,

Salt and Sour

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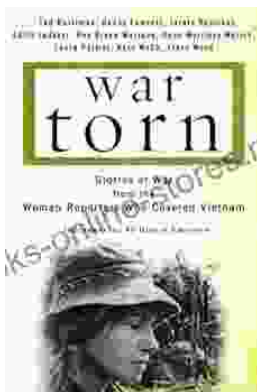
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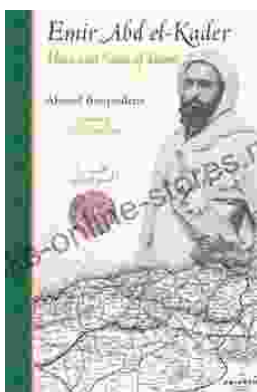


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