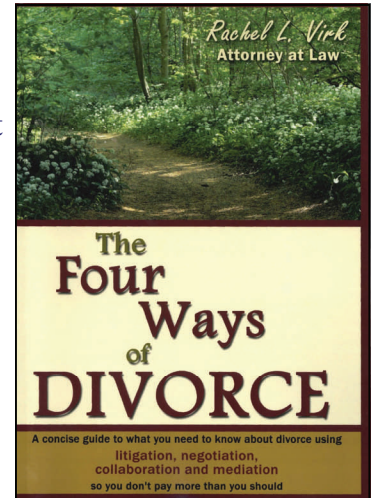


## **Congratulations to Virginia Certified Mediator Rachel L. Virk on the Publication of Her Book, *The Four Ways of Divorce***

Vanguard Books has recently released *The Four Ways of Divorce*, authored by Rachel L. Virk, attorney and mediator from Potomac Falls. The author has been in practice since 1989, litigating, negotiating, collaborating and mediating divorce cases in Northern Virginia. The subtitle on the book's cover reveals something about the purpose of the volume – “A concise guide to what you need to know about divorce using litigation, negotiation, collaboration and mediation so you don't pay more than you should.”

The last paragraph of Rachel's acknowledgement notes reveals for whom the book is intended. “My deepest gratitude goes to those thousands of individuals whom I have been honored to assist as their marriages ended. Their struggles and triumphs provide the inspiration for this book. It has been and remains my privilege to try to help those going through this tumultuous time, and it is my hope that this book will provide some assistance in that process.”



The book is intended to reach a national audience so it is not specific to Virginia law. The author advises, “Seek out the proper professional to inform and advise you, based on your unique situation and under your state's current laws.” In her introduction, Rachel points out that the divorce process will follow either a litigation, negotiation, collaboration or mediation path. She writes, “You need to understand these four options in order to stay on the path that will lead you to where you want to be.” The back of the book includes a helpful chart that compares these four processes, as well as various financial worksheets.

### **Chapter 1 ~ I'm Heading for a Divorce – What Should I Do, Where Do I Start?**

The chapter is broken down into two subheadings, “If you are the one who wants out” and “If you are the one who is being left.” Under the latter, she deals with Stage 1 – Denial/Avoidance, Stage 2 – Bargaining, Stage 3- Grief/Fear/Shock/Confusion/Turmoil, Stage 4 – Anger, Stage 5 – Acceptance. Next she moves to Get Informed, Make a Plan, Get Your Thoughts Sorted Out, Implement Your Plan, and Get Your Life Back.

The remaining chapter titles are self-explanatory and will give you a glimpse of the content of the book.

### **Chapter 2 ~ Litigation, Negotiation, Collaboration and Mediation – Should I Work It Out, or Fight It Out?**

### **Chapter 3 ~ How Do I Choose a Divorce Lawyer for Litigation or for Negotiation?**

### **Chapter 4 ~ Adversarial Settlement**

### **Chapter 5 ~ How Do I Choose a Family Law Mediator?**

### **Chapter 6 ~ How Do I Choose a Collaborative Divorce Attorney?**

### **Chapter 7 ~ Do I Need Other Professionals to Advise Me During the Divorce Process?**

### **Chapter 8 ~ What Exactly Has to be Resolved?**

### **Chapter 9 ~ How Much Law Do I Need to Know?**

## Chapter 11 ~ Considerations Involving Military Servicemembers

## Chapter 12 ~ What About the Children?

## Chapter 13 ~ What is a Settlement Agreement?

## Chapter 14 ~ What Happens If We Go to Court?

## Conclusion

Rachel encourages the reader that life **will** get better down the road and then offers six principles:

1. Be your best. Conduct yourself honorably, truthfully and as an example to others.
2. Put your children first. Make decisions about your new life that are in their best interests, and not only in yours.
3. Take care of yourself mentally, physically and spiritually.
4. Be smart about ensuring and working towards a financially secure future.
5. Act in a socially responsible way. Don't create dysfunctional children who will become a drain on society.
6. Remain optimistic about the future.

## Appendix 1 ~ Comparison Chart of Litigation, Negotiation, Collaboration and Mediation

## Appendix 2 ~ Financial Worksheet Forms

## Appendix 3 ~ Informative Mediation – A New Model for Tough Economic Times

This is Rachel's article from the Fall 2008 issue of Family Law News published by the Family Law Section of the Virginia State Bar. Informative Mediation was described this way for Rachel's presentation at the Virginia Mediation Network Fall 2008 Conference: "During these tough economic times, more couples going through divorce are reluctant or unable to pay for adversarial representation. However, a nonadversarial resolution of divorce issues should not mean the sacrifice of effective legal and evaluative information. Divorce attorneys, especially those who litigate in the Virginia courts, have the ability to incorporate Informative Mediation into their practices. See how to expand a divorce litigation practice by offering Informative Mediation – a new model of mediation wherein the mediator incorporates the provision of both legal and evaluative information, without unethically individually or jointly advising the parties, to bring about an efficient resolution of both moderate and high asset divorce cases."

## Appendix 4 ~ General List of Topics to be Resolved.

For additional information (excerpts from the book, reader reviews, ordering information and a link to Rachel's website), see <http://www.thefourwaysofdivorce.com/>.

