

Within weeks of being told, "I don't love you and I want a divorce," Monique A. Honaman promised herself, "I won't go through this agonizing event without turning it around and helping others to learn from it." In *The High Road Has Less Traffic*, Monique shares her personal journey, prepares you for the unexpected hazards, and explains the realization that taking the "high road" can be the most self-fulfilling and productive "exit strategy" to follow for the good of all involved, especially children. Humorous, inspirational and always poignant. Take it straight from the heart, *The High Road Has Less Traffic* is the only way to go!

A portion of the proceeds from the sales of this book will be donated to organizations that support helping women and children transition through divorce as seamlessly as possible.



"This is a phenomenal read that will help bring healing for those wounded from divorce. I could not put it down."

— Dr. D. B. Shelhutt, Jr.

"Monique NAILED IT! I highly recommend this book to any woman going through a divorce... as Monique points out, moving forward with integrity is paramount to being able to move forward."

— SLB (recently divorced mother)

"Humor is combined with hard facts to provide survival skills for the affected spouse and healing for the whole family."

— Dr. Marcia H. Rogers, Psy.D.

Licensed psychologist, Divorce Care for Children (DC4K) leader



Monique A. Honaman

Monique, her husband, Justin, and her two children live in suburban Atlanta. Monique fills many roles including mom, wife, daughter, sister, friend, business owner, and community volunteer. For more information about resources, speaking engagements, or products pertaining to the High Road, please visit www.HighRoadLessTraffic.com.

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The high road has less traffic™

honest advice on the path
through love and divorce

M O N I Q U E A . H O N A M A N

The must read roadmap for anyone who is confronting infidelity, divorce, separation, family breakups or communication breakdowns.


~ Monica Smiley, CEO & Publisher,
Enterprising Women Magazine

The high road has less traffic™

“Monique writes as if she is sitting in the family room of her home sharing conversation with a friend over a cup of coffee. As she unfolds the story of her journey from marriage to divorce to re-marriage, the reader is able to experience with her the pains, fears, doubts, tears, and frustrations, and then her emergence into forgiveness that opens the way for her to walk the high road into a new life. This is a phenomenal read that will help bring healing for those wounded from divorce. I could not put it down.”

– Dr. D. B. Shelhutt, Jr.

The high road has less traffic™



honest advice on the path
through love and divorce

“Monique NAILED IT! I highly recommend this book to any woman going through a divorce (and to her friends!). Monique gives a very honest, real and practical view on divorce and the ‘bottom line.’ There are many roads we can choose to take but in reality the ONLY choice we must make for ourselves and our children (and yes! even our ex-) is the ‘high road.’ As Monique points out, moving forward with integrity is paramount to being able to move forward. As someone who took the ‘high road,’ the rewards and peace of mind and heart are endless”

– SLB (recently divorced mother)

“Monique’s book is an excellent resource for parents experiencing divorce. Through her own passionate and candid story, Monique provides common sense advice from a sound psychological perspective that will help women dealing with the pain and challenges of divorce. Humor is combined with hard facts to provide survival skills for the affected spouse and healing for the whole family.”

– Dr. Marcia H. Rogers, Psy.D.

Licensed Psychologist, Divorce Care for Children (DC4K) Leader

“This is a must-read book for any woman facing divorce. Monique was brutally honest and painfully open about her situation while bringing hope, laughter, faith, and belief to what seems like a devastating life-event. Her advice to always ‘take the high road’ is truly what it’s all about.”

– MLA (recently divorced mom of 2)

About The Author

Within weeks of being told, “I don’t love you and I want a divorce,” Monique A. Honaman promised herself, “I won’t go through this agonizing event without turning it around and helping others to learn from it.” In *The High Road Has Less Traffic*, Monique shares her personal journey, prepares you for the unexpected hazards, and explains the realization that taking the “high road” can be the most self-fulfilling and productive “exit strategy” to follow for the good of all involved, especially children. In this altogether humorous, inspirational and always poignant survival guide, Monique tackles parenthood and adultery, self-image and social networking, old girlfriends and new boy “friends,” and the rediscovered joy of family and forgiveness. Take it straight from the heart. *The High Road Has Less Traffic* is soul food to go!

Monique lives in suburban Atlanta with her husband, Justin, and her two children. Free time is devoted to family activities like cheering for her kids at their sporting events, golfing, boating, traveling, taking photographs, reading, and volunteering in the community. Monique is also the Founder and President of ISHR Group which provides global solutions in the area of leadership assessment, development and coaching. She holds a Bachelors Degree from the University of Michigan, a Masters Degree from Michigan State University, and a Juris Doctorate from Albany Law School. Monique loves to write and is a frequent contributor to business periodicals on the subject of leadership and coaching.

In the spirit of giving back, a portion of the proceeds from sales of this book will be donated to organizations that support helping women and children transition through divorce as seamlessly as possible.

For more information, please visit: www.HighRoadLessTraffic.com.

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PROLOGUE:
LOOKING BACK ON IT ALL

*“We have no right to
ask when sorrow comes,
‘Why did this happen to me?’
unless we ask the same
question for every moment
of happiness that
comes our way.”*

~ Anonymous

It was NEVER going to be me. Never in a million years did I ever think that I would become the 40-year old divorcee, the single mom, the “one whose husband left her.” Not that anyone gets married thinking that they will end up divorced, but I “knew” it would never be me. Seriously. Never. And then, life happened!

I was blind sided when it happened to me. People asked me, “Didn’t you see this coming. Didn’t you have a clue?” At that point, not at all! Hindsight is 20/20, so in retrospect I see that my husband had begun to check out over the past few years, but the night that he made “The Pronouncement” I felt completely blind sided. I didn’t see the clues. I felt like I had been sucker-punched in the gut. Literally. And, it took my breath away.

I like to read. As my situation unraveled, I began searching for books that would explain my situation, that would help me survive, that would provide some answers. There are some great books out there, but what I really needed more than anything, was practical, no-nonsense, light-hearted advice. My goal in writing this book is to provide just that: the tips, the advice, the listening ear that make going through this situation just a little more manageable. I needed the girlfriend who was going to give it to me straight-up, not watered down, and make me laugh, and help me contemplate my future, even when I didn’t think I had it in me.

Divorce is a horrible thing. It’s horrible for all involved. The husband and wife who once pledged true love. The extended family. The children. The friends (his, mine, ours). But, divorce continues to be a reality. Statistics don’t lie.

In 2005, there were over 2 million marriages in the US. The marriage rate was 7.5 (per 1000 people). The divorce rate was 3.6 (per 1000 people). That’s right ... more than half of all marriages end in divorce. What an ugly statistic! Always a bright side, the divorce rate is actually declining (as is the marriage rate). The divorce rate in 2005 was the lowest it had been since 1970. It was down from 4.2 in 2000, and 4.7 in 1990. The peak was at 5.3 in 1981. (Sources: U.S. Census Bureau, National Center for Health Statistics).

Life is so serious as it is. Divorce is a serious reality. This book is about sharing what I went through in hopes of helping others get through what is typically a most difficult and challenging time. My goal for this book is to provide the hug, the advice and a few smiles to what is a life-changing situation. I’m hoping to make this a bit more tolerable, and more importantly, to give some sound advice and give women (and frankly, the friends who are supporting them through this) a few things to think about in the process.

I am not writing this to share the details of what happened between my ex-husband and me. What's done is done and we've both moved on. I am writing this because since my husband told me he was leaving me I have become a magnet for other women going through the same thing. It's amazing, and sad, to me to count how many women have come to me for advice and counsel. Sharing my story, what I've learned, and the way my kids and I have dealt with this has apparently proved to be helpful to others. If I can make the process of divorce easier on just one person, one child, one family, then this project is all worthwhile.

I also need to say that my ex-husband and I are now "friends." I have completely and fully forgiven him. Not to make this all "sunshine and roses," but we are capable of having a productive conversation. We don't have dinner together. We don't vacation with our children together. But, we are capable of being at the same sporting event or school event without making everyone else feel uncomfortable. We have coffee together about once a quarter to make sure we stay on the same page with respect to our kids. I didn't ever believe that would be possible when we were in the midst of our divorce. Actually, I didn't ever want that to be possible.

Then the reality of the situation hit me. This man is the father of my children. He is going to be in my life for the rest of my life. High-School graduation. College graduation. Weddings. Grand-kids. I've just aged my children (and myself) beyond comprehension, but that is reality. I can't stress enough the need to be civil for the sake of our children. That has been my guiding principle, my high road, throughout this entire ordeal, and will continue to guide my decisions.

This is not a faith-based book, but my faith is a strong part of who I am, and you will find several references to my faith, to my beliefs and to the power of prayer. I have spoken with women who are Christian, women who are Jewish, women who are Islamic and women who have never really acknowledged a strong practicing faith, and they all recognized turning to a higher power, to God in however they define Him, during the tumultuous times of divorce.

I know some people judged me and our situation initially. I think there was an assumption that if I was such a good Christian woman that this wouldn't be happening to me. To all of that, I say bull! Divorce happens to anyone and everyone regardless of their gender, ethnicity, age, social status or religious beliefs. I subscribe to the notion of marriage as a covenant made before God to be taken very seriously. I know God wants a husband and a wife to be married. But, I also subscribe to the Ten Commandments.

Proceeding with the divorce process wasn't easy for me. I knew I would have to be able to look myself and my kids in the eyes in the future and be able to confidently say, with every ounce of sincerity, that I did all I could to save our marriage. And, I do feel I can say that – wholeheartedly. I did all I could, but unfortunately, it takes two to make a marriage work. Some people ask whether I should have been more patient and waited for my ex-husband to "come around" and "get over his midlife crisis." That would never have worked for me.

I know I did all I could to validate that my marriage was indeed over, and once I felt 100% convicted in that belief, once I knew that there wasn't a .00000001% chance that we would be able to make it work, then I resolved in my heart to get through this divorce with as much dignity, poise, and integrity that I could. I want my kids to look back on this situation and think, "WOW MOM!" I want them to know that the decisions I made were with their best interests at heart.

Divorce sucks. Being lied to sucks. Seeing your children get hurt really, really sucks. But, if you look at the statistics, divorce continues to be a reality. Very early on in this journey I knew that I wouldn't go through this, that I couldn't go through this, without learning more about who I am and becoming a better person, and without doing something to help other women in similar situations.

This is my story. We all have a story. My hope is that the advice provided in this book will apply to any person going through a divorce, for whatever reason. I've told my story countless times. It's frightening how many similarities there are with the stories I hear from other women. And, of course, there are always the differences. I've been told I have some valuable perspectives to offer. I have already been a listening ear, offering snippets of advice to so many women going through similar situations. I've been amazed by their strength, their resiliency, their faith, and their sense of humor. Oprah Winfrey once said, "Turn your wounds into wisdom." I had many wounds that I'm hoping I can turn into wisdom to share with you.

I leave every encounter with other women going through the same thing feeling as though this is my mission. I want to help others get through this, and not just survive, but thrive. I want to help other women from looking back and saying, "How could I have been so stupid?" I want to let you know that you are not alone in this. Other women, lots of them unfortunately, have traveled this road before you. And, let me tell you, the high road has less traffic!

