



The high road
has less traffic...
and a better view

my perspectives on love, marriage,
divorce and everything in between

MONIQUE A. HONAMAN



PROLOGUE:

“I believe that everything happens for a reason. People change so that you can learn to let go. Things go wrong so that you appreciate them when they’re right. You believe lies so you eventually learn to trust no one but yourself. And sometimes good things fall apart so better things can fall together.”



Surviving divorce creates a special bond. It creates a “been there/done that” alliance of some (or many) shared similarities. It forges a common baseline of experience. It takes a village, and those of us thinking about divorce, in the midst of divorce, healing from divorce, or thrilled to have survived divorce can (and should!) provide that sense of community to one another to add encouragement, inspiration, resources and advice.

Like most women, I never (ever!) intended to become a part of this “community,” but life evolved differently than I had planned. After 17 years of marriage (and two amazing kids), I found myself the cliché 40 year-old-single-mom-divorcee. Less than two weeks into being blind-sided by this nightmare, I recall telling a dear friend that I would not go through this horrible situation and *not* turn it around to help other people going through the same thing in the future. I had no idea what that would look like.

About a year later, that mystery became clear. During that intervening year, I found I was fielding all sorts of phone calls from women going through divorce who were looking for advice. I joked that this was becoming my mission – helping women to successfully navigate through the rough waters of divorce. It took another turn when I was sitting in bed in my hotel room in California where I was attending a conference. I had just had yet another conversation with a woman in the lobby about her experience with divorce. This happened to me all the time, and I found that the conversations I had with people had certain similarities in terms of what we discussed.

This woman was a writer and she encouraged me to put some thoughts on paper. That night ... and into the early hours of the morning ... I typed and typed. Before I knew it, I had 23 chapters outlined focusing on many of the most common questions that I heard relating to divorce – things like, “How do I know if my husband is having an affair? How do I figure out our finances? How do I tell my kids? How do I find an attorney? How do I begin to date again? How am I going to get through this?”



The finished product became my first book, “*The High Road Has Less Traffic: honest advice on the path through love and divorce.*” It’s part autobiography/part self-help, and it was written from my heart to be that girlfriend who helps you get through divorce – the good, the bad and the ugly. It’s raw, it’s open, it’s honest. It’s funny in places (because I firmly believe if you don’t find some things to laugh about while going through your divorce, then you can have too many tears!). I remember saying, ‘If this helps one person get through the divorce process, then writing the book was worth it.’ It has indeed helped more than one person, which is incredibly gratifying.

What I discovered was that I truly love writing, particularly writing about marriage, relationships, families, and divorce. Who am I to write about divorce and relationships? I’m not a divorce attorney. I’m not a marriage counselor. My expertise lies in my experience. I was married. I was divorced. I have two kids. I remarried. I can speak to step-parenting, co-parenting, dating, getting it “right” the second time, and on and on! The feedback I received from people all over the world who have read *The High Road Has Less Traffic* has been overwhelmingly positive. I repeatedly hear, “Your writing style is so comfortable – I feel as if I am sitting down over a cup of coffee talking with a friend.” I consider that the highest compliment.

I began writing for a local paper in my area, and then was asked to write an article for *Shape Magazine*. That led to opportunities to write regularly for *The Huffington Post*, *HopeAfterDivorce.com*, *DivorcedMoms.com*, and *eHarmony*. I was thrilled to be invited to be on NBC’s *The Today Show* talking about divorce. I loved that I was helping to engage people in a dialogue about relationships – perhaps their own relationships. No expert advice; just some thought-provoking questions and some perspective, my perspective, which hopefully inspires a bit, motivates a bit, encourages a lot, and makes you think!

The vision for this second book began to take shape. It is different from the first book. This second book is intended to be a compilation of the writing I love to do. You will find it is a series of



essays, of thoughts, of questions. Some may touch where you are in your life today; others may not be relevant. What is consistent between the two books is my goal of promoting the high road by providing perspective.

Yes, the high road does indeed have less traffic. Fewer people take the high road, and it tends to be less congested! And, the high road certainly has a better view as well! Think of standing on top of a mountain inhaling the fresh, crisp air, feeling refreshed, and enjoying the breathtaking scenery. It provides a perspective like no other. That is why the high road has less traffic, and also a better view.

This book is about ...

Letting Go.

Keeping Focused.

Finding Yourself.

Moving Forward.

Welcome to book two. Enjoy the view!

Monique

