

## REAL EYES REALIZE "Helpful Resources for Plan B"

Our **REAL Eyes Realize** podcast episode with **Angela & Rick Miller** is one where they talk honestly about the difficulties of divorce and how they both navigated "life even after" to a place of love, hope, and a beautiful blended family. They do not sugar-coat how difficult divorce and break-up can be, but with helpful resources, a loving close group of friends and family, and strong faith, they moved through the grieving process and into a state of thriving.

### Helpful Resources from Angela's Recommendations:

- "[Girl, Wash Your Face, Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be](#)" by Rachel Hollis
- "[The Universe Has Your Back, Transform Fear to Faith](#)" by Gabrielle Bernstein

### Helpful Resources from Rick's Recommendations:

- "[I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit](#)" by Matthew Kelly & Blue Sparrow
- "[No More Excuses, Be the Man God Made You to Be](#)" by Tony Evans
- "[Shaken: Discovering Your True Identity in the Midst of Life's Storms](#)" by Tim Tebow

### Helpful Resources from REAL Eyes Realize Recommendations:

- "[Conscious Uncoupling. Five Steps to Living Happily Even After](#)" by Katherine Woodward Thomas
- "[The High Conflict Couple: a Dialectical Behavior Therapy Guide to Finding Peace, Intimacy](#)" by Alan E. Fruzzetti
- "[Mating in Captivity](#)" and "[The State of Affairs](#)" by Esther Perel

### Fun Quotes / Things to Remember:

- "Don't look back, you're not going that way." (author unknown)
- Healing tips through the bumps and bruises of loss from Rick and Angela: Lean into: Humility, faith, hope, communication, family, forgiveness and love ... it is all possible!