



## **BE SMART: Prepare Yourself for Divorce Mediation**

a practical workbook for divorcing couples and divorce professionals

by **Brady Mikusko,**  
Mediator, Divorce and Life Coach

Divorce is confusing, scary and disempowering.  
The most you can do is be knowledgeable and prepared.  
Be Smart was written to do just that—to guide you through it all.  
Its valuable content will teach you to be more effective in one of the most significant and critical phases of your life.

**Read it, use it—be smart.**

This is what *Be Smart* offers:

- The true benefits of mediation, how it's different from other divorce options, everything that's needed to mediate well
- Hints when choosing a divorce attorney
- Your attorney's key role in mediation
- Tips on working with your attorney during mediation
- The red flags to avoid
- Tips on how to best negotiate and communicate in your mediation sessions
- Useful exercises, worksheets and checklists to prepare you for your mediation sessions

*"The information presented in Be Smart: Prepare Yourself for Divorce Mediation was an enormous blessing during an admittedly confusing and emotional time. The workbook provided me with information & much-needed guidance. The exercises helped me prepare and stay aligned with what really mattered throughout the mediation process."*

—Daniel (Ann Arbor)

Brady Mikusko offers Prepare Yourself for Divorce Mediation Workshops, utilizing the Be Smart workbook. Visit [www.bradymikusko.com/groups.html](http://www.bradymikusko.com/groups.html) for details and schedule

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