



DIVORCE PREP COACH & FOUNDER,
THE DIVORCE PLANNER

Alex Beattie

Author of *The Divorce Planner: 8 Weeks to Get Organized, Find Clarity, and Become Your Own Best Advocate*

Former film & TV producer turned divorce preparation coach who has helped thousands navigate divorce with financial clarity and confidence.

151K+

SOCIAL MEDIA COMMUNITY

Thousands Helped

COACHING, COURSE & DIGITAL TOOLS CLIENTS

#1

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DIVORCE & BEYOND PODCAST

ABOUT THE AUTHOR

Alex Beattie

Divorce Prep Coach & Founder, *The Divorce Planner*

Alex Beattie spent more than twenty years as a film and television producer, negotiating contracts, managing paperwork, and keeping complex projects on schedule and on budget. When she went through her own divorce, she realized it was just another big production — and applied that same project-management skill set to prepare for it.

She walked into attorney and mediator consultations so organized that she heard the same thing over and over: “I wish all my clients came in this prepared!” That response became the foundation for *The Divorce Planner*, where Alex now offers 1:1 coaching, a self-guided DIY course, and attorney-recommended digital prep tools.

Her methodology is built around what she calls the four pillars of divorce preparation — emotional, financial, administrative, and practical — the same framework at the heart of her debut book, *The Divorce Planner*. Her approach is recommended by divorce attorneys, mediators, Certified Divorce Financial Analysts, and therapists across North America.

Alex has been featured on *The Oprah Podcast* and in *The New York Times*, *Real Simple*, and *Parents Magazine*, and she hosts *The Divorce Planner Podcast*. She and her ex-husband continue to co-parent collaboratively — a living example of the outcomes she helps her clients achieve.

PLATFORM & REACH

Social Media Community

151,000+ followers across Instagram, TikTok, YouTube, Facebook, and LinkedIn

The Divorce Planner Podcast

Launched January 2026 — weekly episodes on divorce preparation and recovery

Featured In

The Oprah Podcast, The New York Times, Real Simple, and The Divorce & Beyond Podcast

Coaching, Course & Digital Prep Tools

Thousands of clients served through 1:1 coaching, a self-paced DIY course, and digital prep tools

Recommended By

Divorce attorneys, mediators, CDFAs, and therapists across North America



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WEBSITE & SOCIAL

The Divorce Planner Website.
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BOOK DETAILS

The Divorce Planner

8 Weeks to Get Organized, Find Clarity, and Become Your Own Best Advocate

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Amazon · Barnes & Noble · Bookshop.org

WHO THIS BOOK IS FOR

The Divorce Planner was written for anyone considering or navigating divorce — whether they're still deciding, just starting, or already in the process. It speaks directly to people who feel overwhelmed by where to begin, those facing a high-conflict spouse, stay-at-home parents returning to the workforce, and anyone navigating divorce later in life. Divorce attorneys, mediators, therapists, and financial planners also recommend it to clients as essential pre-consultation preparation.

ABOUT THE BOOK

Nearly 50% of people who've been through divorce say it was harder than they expected — and with the average cost of divorce reaching \$20,000, going into the process unprepared isn't just stressful, it's expensive.

The Divorce Planner is the only divorce preparation guide that addresses all areas — emotional, financial, administrative, strategic, and practical — in one clear, eight-week system. Most books about divorce focus on the legal process or the emotional recovery. This one treats divorce as both a business transaction and a deeply human experience, and teaches readers to navigate both at the same time.

Divorce prep coach and author Alex Beattie drew on her own divorce experience and thousands of hours working with clients to develop this road-tested preparation method. Each week combines focused reading with concrete action items — complete the week's tasks and you're ready to move to the next. Every week builds on the last, turning an overwhelming process into manageable, measurable progress.

By the end of eight weeks, readers have organized their documents, mapped their finances, built a parenting plan framework, chosen their legal team, and developed a negotiation strategy. They aren't just informed — they're attorney-ready. And more importantly, they've done the work to become their own best advocate: someone who walks into every consultation, mediation, and negotiation knowing exactly what they have, what they want, and what they deserve.

WHAT READERS WILL LEARN

- ✓ **Show Up Attorney-Ready**
Alex's system gets clients so organized that attorneys can skip the administrative groundwork and go straight to strategy — typically saving thousands in billable hours.
- ✓ **Find Your Divorce North Star**
A proven framework for identifying divorce goals and priorities that guide every financial, legal, and parenting decision — so every choice draws a straight line back to the life you're building.
- ✓ **Know Your Complete Financial Picture**
Step-by-step guidance and checklists for organizing financial records, understanding assets and debts, and knowing exactly what you own and what it's worth before negotiations start.
- ✓ **Plan Your Financial Future**
CDFA-vetted tools for building both a current budget and a post-divorce projected budget — so you know exactly what you need to thrive financially on your own.
- ✓ **Navigate Difficult Conversations**
The B.I.F.F. Method, corporate speak toolkit, and a script outline for having "The Talk" and every hard conversation that follows — so you're never caught off guard.
- ✓ **Negotiate the Outcome You Want**
The 5-5-5 Rule for making sound decisions under pressure, soft vs. hard negotiation tactics, and a pre-negotiation checklist that puts you in control at the table.
- ✓ **Build a Co-Parenting Framework That Works**
A complete parenting plan framework with real client examples and enforceable provisions that protect your children, reduce future conflict, and flex as your family grows and changes.

Inside The Divorce Planner

ADVANCE PRAISE

“

For 35 years I sat across the table from people beginning a divorce with no idea where to start. *The Divorce Planner* is the book I wish every one of them had read first, because Alex Beattie turns the most overwhelming eight weeks of your life into a plan you can actually follow.

Susan E. Guthrie

Family law attorney and mediator, host of the Divorce & Beyond® Podcast, and Past Chair of the American Bar Association Section of Dispute Resolution

“

Not every relationship is meant to be repaired, and Alex Beattie gives people a way to end one with clarity instead of chaos. That kind of preparation protects people long after the paperwork is signed.

Kim Polinder

Associate Therapist and Author, *Why We Fight* (HarperOne/HarperCollins)

“

Alex Beattie understands that a successful divorce isn't just about paperwork and legal decisions—it's about preparing emotionally for the life you're creating next. *The Divorce Planner* is a thoughtful, practical guide that will help readers navigate the process with greater clarity, confidence, and intention.

Leah Marie Mazur

Founder of Mindfully Ready and Certified Divorce Recovery Coach

“

The Divorce Planner gives readers a clear, practical framework for organizing the decisions ahead and moving forward with confidence.

Sharie Reyes Albers, Esq.

Partner at Virginia Family Law Center

“

This is the book I wish every one of my clients would read. It recognizes that divorce is about more than legal and financial decisions. It's an emotional process, too. By giving the emotional side of divorce the attention it deserves, this book leaves you feeling calmer, more informed, and better prepared to advocate for yourself.

Renee E. Turner, Esq.

Founder and Managing Attorney at Thoughtful Lawyering, PLLC

“

Divorce can feel like having to swim across an ocean in pitch black darkness: impossible, overwhelming, and demoralizing. Alex takes the process of divorce prep and neatly repackages it into bite-sized, digestible, and easy-to-implement morsels. If you take away only two concepts from this book, 5-5-5 and B.I.F.F.

Josephti Cruz, CDFA

Podcast co-host and founder of Cover Your Assets Divorce

“

The Divorce Planner provides a thoughtful and practical roadmap for anyone preparing for or beginning the divorce process. It is an approachable and useful resource that encourages readers to be informed, prepared, and engaged in the decisions that will shape their future. For anyone wondering, “Where do I even begin?” this book offers a great place to start.

Kimberly A. Cook, Esq.

Founder & CEO, Crown Girl Divorce

“

The Divorce Planner will be a game changer in the divorce world. Alex is helping people become educated, organized, and prepared while reducing unnecessary divorce costs is invaluable. These are the tools and resources every person should have before walking into divorce. She has passion behind her work and wanting to help others.

Samantha Boss

Parenting Plan Expert & High-Conflict Co-Parenting Coach

“

This concrete guide is chock-full of specific steps to make your divorce smoother. When my clients prepare for divorce this way, they get divorced faster, with less stress, and spend a lot less money.

Morgan Given

Chicago family law attorney, Partner at Taradash Given

FEATURED IN



The Oprah Podcast

“Quiet Quitting: Why Women Are Emotionally Checking Out of Their Marriage”



Radio New Zealand (RNZ)

“The social media trend of “quiet quitting” your marriage”



The New York Times

“Divorce Is Hard. Here's How You Can Help Those Going Through One.”

REALSIMPLE

Real Simple

“Four Money Mistakes When Getting Divorced”



Divorce & Beyond Podcast

“Dear Future Self Letter: Why Focusing On Your Future is Secret Sauce During Divorce”

#1 Downloaded Episode 2023
Top 5 of All Seasons



Good Is In The Details Podcast

“Divorce Preparation & Financial Clarity”

Frameworks, Talking Points & Suggested Questions

Alex is available for interviews, podcast guest appearances, and expert commentary on divorce preparation, financial planning during divorce, co-parenting, and negotiation strategy.

FRAMEWORKS FROM THE BOOK

The Attorney-Ready Framework

Most people hand everything to their attorney and hope for the best. Alex's system flips that — clients show up so prepared that attorneys can skip the administrative work and go straight to strategy. That preparation typically saves thousands in billable hours.

The “Dear Future Self” Letter

Divorce is a backward-facing process. Writing a letter from your future self gives people a North Star to negotiate toward — the exercise behind Alex's #1 most downloaded Divorce & Beyond episode.

Corporate Speak as a Communication Tool

A completely original framework — using professional business language to create emotional distance in difficult conversations. Phrases like “Let me circle back to you on that” and “I remember things differently” as tools for managing high-conflict communication.

You're Already Negotiating

One of the most surprising insights in the book — every conversation with your spouse once separation is on the table is already a negotiation. The difference is whether you're doing it intentionally or reactively.

KEY TALKING POINTS

The Four Pillars of Divorce Prep

Alex's framework breaks divorce preparation into four pillars — emotional, financial, administrative, and practical. Miss one, she says, and the whole structure becomes unstable.

Separate Feelings From Decisions

Managing the emotional side of divorce first helps people negotiate from clarity instead of fear or anger, avoiding costly, reactive decisions.

Preparation Saves Real Money

Walking into consultations organized can cut thousands in attorney and mediator billable hours by eliminating the need to build lists and gather documents on the clock.

The 5-5-5 Rule for Negotiating

A practical framework Alex teaches clients for approaching high-stakes divorce negotiations strategically rather than emotionally.

Gray Divorce & High-Conflict Communication

Insights on divorce over 50, the B.I.F.F. method for staying calm with a high-conflict spouse, and how to have “the talk.”

SUGGESTED INTERVIEW QUESTIONS

- Q1** What inspired you to become a divorce prep coach after 20+ years as a film and TV producer?
- Q2** What are the “four pillars of divorce preparation,” and why does missing one derail the whole process?
- Q3** What's the biggest financial mistake you see people make early in divorce?
- Q4** How does being prepared actually save people money with attorneys and mediators?
- Q5** What is the 5-5-5 Rule, and how can it help someone negotiate more effectively?
- Q6** What advice do you have for someone considering a “gray divorce” later in life?
- Q7** What's one thing every reader should do in their very first week of using *The Divorce Planner*?

Divorce is hard. Preparing for one doesn't have to be.

PRESS INQUIRIES



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BULK & SPECIAL SALES

For bulk orders, corporate gifting, or special sales of *The Divorce Planner*.

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Alex Beattie · Jossey-Bass/Wiley