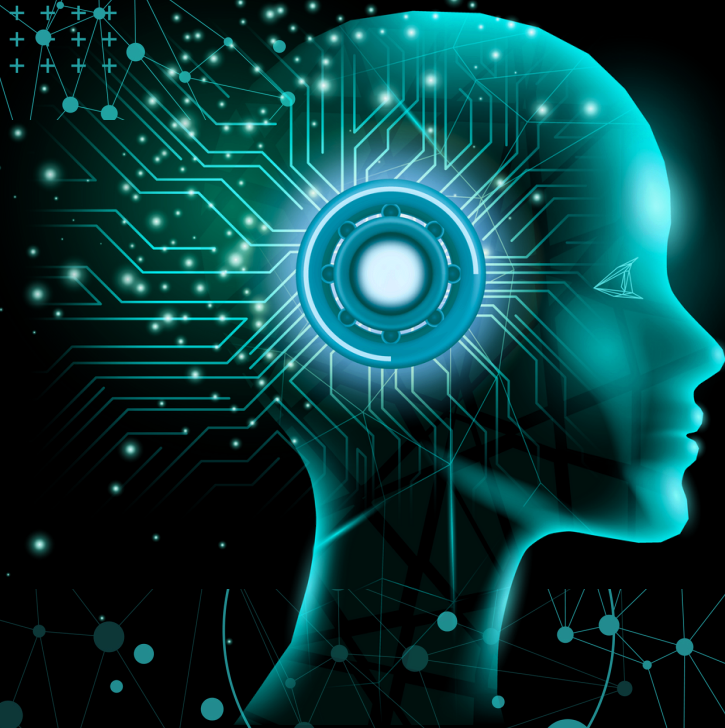


REDESIGN YOUR LIFE

THE PHOENIX REBUILD SYSTEM



**FROM BROKEN TO
UNSHAKABLE**

By Prabha Somayaji



REDESIGN YOUR LIFE

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Divorcees & Single Parents,
Your Final Destination
to
Total Transformation



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Message from Founder

"If you are reading this, I know you've faced storms that others can't imagine. Divorce and single parenthood can feel like carrying the weight of the world. But here's the truth—you are not broken. You are simply in the process of becoming unshakable. This book is my gift to you, a guide that shows you that healing, rebuilding, and thriving back to Life is possible."

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If you're a divorcee or single parent in India, struggling with:

- Emotional whiplash (grief, anger, guilt, loneliness)
- Sleepless nights, panic attacks & anxiety
- Co-parenting conflicts & boundary violations
- Financial stress, EMI's, and career stalls
- Guilt about children's behavior and future
- Fear of judgment, isolation & loss of identity
- Dating Fears and fear of finding a Life Partner again

👉 ***You're not alone.***

👉 ***And more importantly, you are not broken. You are a Phoenix.***

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I'll walk you through the real struggles divorcees and single parents face in India, share real stories of transformation, all these in my 90-Day Coaching Program – The Phoenix Rebuild System.

Inside the program, you'll discover:

🔥 Month 1 – Healing the Wounds → Restore peace, calm, and sleep

🔥 Month 2 – Rebuilding Identity → Gain confidence, set boundaries, and rediscover YOU

🔥 Month 3 – Redesigning Your Life → Create your new roadmap for love, career & purpose

This isn't theory—it's a proven 3-Phase Transformation Path that has helped countless parents rebuild from the ground up.

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The Silent Struggles of Divorcees & Single Parents:

- Emotional struggles: loneliness, guilt, shame.
- Social struggles: judgment, lack of support, cultural stigma in India.
- Financial struggles: single income, child expenses, career sacrifices.
- Example: "You often feel like no one understands. Smiles on the outside, but chaos inside."
- Sleep issues, anxiety spikes, panic spirals
- Co-parenting conflict; boundary violations by ex/in-laws
- Isolation: friends picked sides; weekends/holidays feel empty
- Distrust in dating; fear of repeating patterns
- Body image dip; stopped caring for health/appearance
- Decision fatigue; mental fog; overwhelm with paperwork/legalities
- Developing addictive habits like (doomscrolling, binge eating, alcohol)

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The Emotional Rollercoaster.

- Fear of the future.
- Self-doubt and low confidence.
- Sleepless nights replaying "what went wrong."
- Feeling invisible and unworthy.
- Not confident anymore to meet friends and mingle
- Facing rejection from society and social taboos.
- Not sure who to trust anymore even when others are trying to help
- As a broken person, parent is not able to give emotional support to child
- Embarrassed with emotional outburst, triggered by small things in front of people
- Lack of interest in self and to look presentable and leading low self esteem
- Not able to prioritize tasks for self and the child - haphazard living
- Avoiding all social events to avoid meeting people.

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The Impact on Children:

- Children may internalize the separation as their fault (“If I had behaved better, maybe Mom and Dad would be together”).
- They often struggle with divided loyalties—loving both parents but feeling they have to “choose sides.”
- Academic performance can dip due to stress and emotional instability.
- Behavioral changes: withdrawal, aggression, clinginess, or silence.
- Anxiety about the future: “Who will take care of me?” “Will my parent leave too?”
- They pick up on your unspoken stress, even if you try to hide it.
- Overcompensating parent may give in too much, creating imbalance.
- We Heal You: Your healing directly influences your child’s healing. When you rise, they rise with you.

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Why Traditional Advice Doesn't Work.

- "Just move on" → sounds good, but gives no roadmap for how.
- Family pressure → relatives may say "adjust for the kids" or "don't think too much," dismissing the depth of your pain.
- Friends' support → while well-meaning, it often ends up being gossip or surface-level comfort, not transformation.
- Counselling → may be clinical, short-term, and not culturally tuned to Indian divorcees/single parents who face stigma.
- Religious or spiritual advice → can soothe but may not address practical challenges (finances, co-parenting, career rebuilding).
- Self-help books → often written from Western contexts, not relatable for the cultural, social, and financial realities in India.
- You don't need sympathy. You need a proven system to address your emotional, practical, and other struggles together.

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The Turning Point: From Broken to Unshakable:

- Acknowledge pain but emphasize choice: "You can either let your past define you, or let it shape you into something stronger."
- Divorce is not the end—it is the doorway to designing a new life.
- The Phoenix story: only when the old burns away can the new emerge.
- Resilience is not about pretending you're fine—it's about learning tools to handle emotions, rebuild self-worth, and step into your new role.
- Mindset shift: Stop asking "Why me?" and start asking "What's next for me?"
- Our Message: Being broken is not your identity. Becoming unshakable is your destiny.
- We shift your thought from "Why Me" to "WOW ME"

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We Present to You:

“The Phoenix Rebuild System”

- **Healing Phase** – Focus on the inner world. Release the pain, anger, guilt, and limiting beliefs holding you back. We heal your Divorce Trauma that haunts you everyday
- **Rebuilding Phase** – We help you focus on creating stability in your external world— finances, health, parenting, habits that makes you strong from inside out.
- **Thriving Phase** – We help you focus on expansion. Finding joy, purpose, new love (if desired), and long-term vision to recreate your new version and your life. This is not theory, but a guided, step-by-step process.
- **Key Message:** This is not about fixing the old life. It's about creating a brand-new one.

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Month-1: Healing Phase 1:

Complete Healing:

- Guided techniques for letting go of resentment and bitterness.
- Reprogramming subconscious patterns of unworthiness.
- Sound healing, meditation, and journaling to restore peace.
- Techniques for managing triggers (seeing your ex, social judgment).
- Building a safe emotional environment for your children.
- Learning the art of saying "No" and becoming a stronger person
- Daily Affirmations, Gratitude Journaling, Visualization, clearing past trauma
- Focus on forgiving yourself first.
- **Key Promise:** You'll stop feeling like a prisoner of your past and step into freedom.

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Month-2: Rebuilding Phase 2:

Rebuilding Yourself:

- Creating new empowering habits (morning routine, health practices).
- Financial rebuilding—budgeting, income streams, smart money handling.
- Parenting with strength: discipline with love, without guilt.
- Setting healthy boundaries with ex-partners, relatives, and friends.
- Building a support system—mentors, community, new friendships.
- Learn Self-care as non-negotiable (exercise, healthy nutrition, rest, weight training).
- Learn how to influence friends and others with a positive personality & attract more people towards You.
- **Key Promise:** You'll stand tall and independent—emotionally, financially, and spiritually.

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Month-3: Thriving Phase 3:

Thrive in all areas of Life:

- Rediscover hobbies and passions you abandoned during marriage.
- Build new dreams: travel, career, personal goals.
- Explore healthy relationships—friendships or new romantic beginnings.
- Learn the art of joy—celebrating small wins daily.
- Step into leadership—be a role model for your children and community.
- Create a long-term vision board for your life.
- Clear dating strategies to meet your future life partner to start a new life.
- **Key Promise:** This is where survival ends, and true living begins. A new version of you begins here (Version-0 to Version-1)

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Stories of Transformation (Mini Case Studies)

(Names changed for confidentiality purpose)

- **Case 1 – A Single Mother:**
 - Rina, 38, felt ashamed after her divorce. Through the system, she rebuilt her confidence, started her own online business, and her relationship with her daughter became stronger than ever.
- **Case 2 – A Single Father:**
 - Amit, 42, was struggling with guilt and overworking. After the program, he learned balance, began journaling, and created a healthier bond with his son while excelling in his career.
- **Case 3 – A Divorcee in Midlife:**
 - Shweta, 45, thought life was “over.” After healing and thriving, she discovered painting again, started earning through it, and found peace in her independence.
- **Our Message:** If they can do it, so can you.

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Your New Identity: The Unshakable You

- Reflection exercise: Write down 3 things you've survived that made you stronger.
- Imagine your ideal life:
 - What does your morning look like?
 - How do you feel about yourself?
 - How do your children see you?
- Affirmation examples:
 - "I am not broken, I am rebuilding."
 - "I choose to rise."
 - "My past does not define me, my strength does."
- Encourage them to see themselves not as a victim, but as a Phoenix.
- The Mirror Exercise: Techniques to create your new identity
- Powerful Communication methods to attract anyone and become a popular personality.
- **Our Message:** The unshakable version of you is already within—you're just uncovering it now.

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1. We empower you with *Books, videos,* or various *tools* for your *Transformation.*
2. Several Mini Self-Assessment *Quizzes:* "Where are you in your Phoenix journey?"
3. *Journal Templates:* For readers to start & track right away, their healing habits & Journey.
4. Top 10 Affirmations & mind re-programming music for *Single Parents.*
5. Top 10 Affirmations & mind re-programming music for *Divorcees (without children).*
6. Meditation techniques for complete calmness
7. *Visualization, Ho oponopono & water Techniques* to Manifest all your Goals.

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Your Moment to Rise:

You've made it to the end of this guide, and that alone says something powerful about you. You're no longer willing to stay stuck in pain, guilt, or fear. Deep inside, you know you were meant for more—for a life where you don't just survive, but thrive. Nothing changes until you decide to rise. Healing doesn't happen with time alone. Transformation begins the moment you take that first step forward. And you don't have to do it alone—I've built The Phoenix Rebuild System exactly for you. This 90-day journey will walk you step by step by:

- Healing the wounds of your past.
- Rebuilding your confidence, stability, strength.
- Thriving in your new life with purpose and joy.

I've seen divorcees and single parents just like you go from broken to unshakable. The only difference between them and where you are right now is this: they decided not to wait another day. It starts today—if you choose.

IT'S YOUR LIFE !!

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Click below to take your first step:

☞ To Book your 1:1 Clarity Call,
WhatsApp us directly by scanning
the below Scancode:



OR Just Message on whatsapp
here: ☞ <https://wa.link/enquiry-wl>

**You've carried the weight long
enough. Now it's time to rise—
stronger, brighter, and
unshakable.**

**Your Phoenix moment starts now.
Will you take it?**

