## ■I am not afraid of storms for I am learning how to sail my ship 🌘

**AUTHOR LOUISA MAY ALCOTT** 



OW many times have we heard women say that when their husband walked out on them it came 'out of the blue'?

There was no warning, they insist – no flaming rows, no lack of interest in the bedroom, no indication of an affair - he merely packed a bag and left.

The painful truth is that, in many

## by Anna Maxted

cases, there will have been signs all was not well, It's just that they may have been so subtle and gradual that the wife didn't notice until it was too late. Leading relationship therapist Joanna Harrison, author of the book Five Arguments All Couples (Need To)

Have And Why the Washing Up Matters, says such signs are rarely as dramatic as you would think. 'The opposite of love isn't hate,' she says, 'it's indifference. That's the real killer.'

A former divorce lawyer who has spent the past 20 years counselling

separating couples, Joanna has unrivalled experience in spotting those subtle clues.

'Very often, women don't pick up on

the signs at the time but, with the benefit of hindsight, they say there was

a disconnection,' she adds.

She also knows how to help a couple decide whether they can stay together – even if someone has cheated. In some

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