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How to keep your relationship strong while facing a legal battle

Posted September 1, 2014 by Sharon in [Lifestyle](#)

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**WHEN THERE ARE
 TOO MANY LAWYERS...**
 ...THERE IS NO JUSTICE



Second Edition

ALAN MANLY

Maintaining a healthy relationship during times of high stress can be testing for many couples. For Sydney man Alan Manly and his wife Jennifer, they found this out themselves when a fraudster took Alan on a 10 year court battle. After 200 court appearances (including representing himself at the High Court of Australia), Alan finally won, but keeping their marriage together during this time wasn't easy. Alan has now written a book based on his court battle, and below outlines his tips for other couples on how to survive a legal battle:

Maintain your Commitment

Have a genuine commitment to each other first and foremost. Relationships are fraught at the best of the times and withstanding shocks from external sources will rock that commitment. Be prepared and preferably have a long history of working through things together. Remain trusting and committed to staying by each other's side.

Provide distractions & have a life

During a time of high stress, it's important to provide a home environment in which there are some escape mechanisms from the day to day

problems of the court battle. A weekend away, dinner with friends, quality family time and exercise are ways to keep your mind fresh and focused on what's important, and what you're ultimately fighting for.

Know that you're not unique

It's an unfortunate fact that no matter how you think you have protected yourself, anyone can be taken for a legal ride. It really can happen to you. If you both can understand this then you won't feel so victimised and have a better chance at keeping your relationship intact.

Believe in the cause

You have to both believe you are right. During a court case there will be times of doubt as lawyers or your opposition try to prove their case – you must have 100% belief that you are in the right. Potentially no one else will.

Communicate openly


During any court battle there will no doubt be times of high stress. Just remember that your partner is by your side helping you through it. Make regular time to talk to each other about the case, your feelings, and any fears as they arise. Listen to each other and know that you're in this together.

Alan Manly is now available for interview. He represented himself in a ten year court battle that comprised thirty cases, over 250 court appears journeying from the North Sydney Local Court, to the District Court, Supreme Court, Federal Magistrates Court, Federal Court of Australia, and finally before a full bench of the High Court of Australia where he was successful. He wrote the book *When There Are Too Many Lawyers ... There Is No Justice* (\$24.95) based on his experiences.





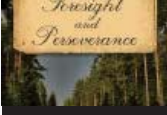



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