



If a man makes the slightest criticism of his ex-wife, he's branded a toxic, woman-hating psycho

Cosmo Landesman

The first time I got married, in 1984, I always knew that one day my wife would dump me and in 1994 she did that. But we had ten funny, crazy years together, so I wasn't too devastated. Then I got married again in 2004 and I knew that I had found the one I would live happily ever after with - and then four years later we got divorced. If a man has two ex-wives, he must do the decent thing, take stock of his life and acquire more ex-wives. After all, two is company but five (ex-wives) looks kind of cool - it's the mark of the incurable

romantic. So having been divorced twice, here are my handy tips for surviving the hardships of life after marriage...

Get thee to a gym. True love makes you lazy and marriage makes you fat - at least it does for men. The fact is that now you're divorced you are no longer someone's adored husband - just another bloke out there on the romantic meat market. Now here's the bad news: when your wife told you she thought that your big hairy bear-like tummy was sexy, she was only trying not to hurt your feelings. (After you split up you will discover that whenever she rubbed it and

cooed, she was thinking of Brad Pitt's abs.) Exercise, along with revenge, is a wonderful way of not only getting in shape, but also releasing those serotonin chemicals in the brain that make us happy and keep depression at bay. But remember the gym is a place of workout, and if you think you might meet the next Miss Wonderful there, forget it. Nobody is going to fancy a red-faced, sweating man huffing and puffing on a treadmill. So even before you get a solicitor, get a personal trainer and remember: no pain, no gain, no girls.

Never slag off your ex in public. This is a crucial part of your social rehabilitation. For some reason it's OK for women to criticise their ex-husbands. They can tell the most gross and outrageous lies about them and everyone will shake their heads sympathetically and say: 'I always thought there was something odd about him.' But if a man makes the slightest criticism of his ex-wife - eg, she wasn't much of a cook - he's immediately branded as a bitter, toxic, woman-hating psycho who is a threat to the kids and the family bunny. Remember: she may have taken all your money, your pride, your property, your friends and your gonads, but just keep smiling and always say, 'My ex-wife was the most wonderful woman in the world!'

Personal grooming. It's tempting for men in the throes of divorce to regress into a kind of premarital state of primordial bachelordom. You can easily let yourself go and give up fighting the onslaught of nose hair, smelly socks and dirty fingernails. Everyone will be on the lookout for signs that you're starting →

A tale of two div

Nobody wants to be a divorcee at Christmas, but given that many can't help it, there are ways to keep