



Divorce Books for Adults

Surviving Separation and Divorce

Loriann Hoff Oberlin; 293 pages

Author Loriann Hoff Oberlin understands the rough road to starting over. A survivor herself, she shares her personal experiences as well as her professional expertise as she shows you how to rebuild your life, step by step.

Mom's House, Dad's House, Making Two Homes Work for Your Child

I. Ricci; 381 pages

According to the Stepfamily Association of America, 60 percent of all families are breaking up, and custody and visitation issues loom large in the lives of many parents. Isolina Ricci's Mom's House, Dad's House guides separated, divorced, and remarried parents through the hassles and confusions of setting up a strong, working relationship with the ex-spouse in order to make two loving homes for the kids. This expanded and revised edition (the book was originally published in 1980) includes emotional and legal tools, as well as many reference materials and resources. As one parent said of the first edition, "This book is my friend."

Difficult Questions Kids Ask (and are too afraid to ask) About Divorce

Meg F. Schneider & Joan Zuckerberg PhD.; 224 pages

This invaluable book explores the apparent and hidden fears that haunt children as they weather the painful confusion of a divorce.

What to Tell Your Kids about your Divorce

D. Weyburne; 204 pages

What parents do to help their children through a divorce can have a long-term effect on how children view themselves and their relationships with others. In this essential guide, therapist Darlene Weyburne shows the best way to break the news to kids, tells how to reassure children that the split is not their fault, and outlines proven strategies for dealing with issues that can disrupt children's lives.

The Good Divorce - Keeping your family together when your marriage comes apart
C. Ahrons Ph.D.; 301 pages

Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a “binocular” family- one that spans two households and continues to meet the needs of children.

The Co-Parenting Survival Guide – Letting Go of Conflict after a Difficult Divorce

Elizabeth S. Thayer, Ph.D & Jeffery Zimmerman, Ph.D.

The “Co-Parenting Survival Guide” shows you how to avoid the hot spots and the common traps of hostility, inflexibility, and constant squabbling, and develop skills to sustain a co-parenting partnership based on love and concern for your children, so they can best benefit from two parents living separately but working together.

Making Divorce Easier on Your Child – 50 Effective Ways to Help Children Adjust

Nicholas Long, Ph.D. and Rex Forehand, Ph.D.; 229 pages

“Making Divorce Easier on Your Child” is filled with practical, sensitive and highly effective ways to help children cope and adjust both during and after this major change in their lives.

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