

## **My Parents' Divorce (How Do I Feel About)**

If your parents divorced when you were a child, you may be wondering: Will I get divorced, too? Research indicates divorce is often passed down from generation to generation. Children from divorced homes are up to five times more likely to get divorced as compared to children whose families remained intact. It's time to end the cycle of divorce. Based upon two decades of interviews with over 400 adult children of divorce, this book will empower you to: Avoid the destructive relationship behaviors common to adult children of divorce Increase your ability to recognize what love looks like and what it doesn't look like Recognize the warning signs of a poor partner choice before you make a long-term commitment Create the successful, loving relationship you deserve This practical, no-nonsense guide is encouraging, optimistic and insightful. Through the use of real-life stories, it provides the valuable tools you need for a great relationship. Whether you're a teen embarking on dating and love, in your 20's, 30's or 40's with some dating history, or perhaps divorced already, it's never too early or too late to learn how to end the cycle of divorce.

Discusses why divorce happens, how to cope with it, and how to deal with difficult feelings as well as friends whose parents are divorced.

When a marriage ends, it is hard enough for the two people directly involved. When there are children in the family, however, the destructive effects of a divorce or separation .

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magnified. In *Now What Am I Supposed to Do?* author Lynn Cassella-Kapusinski offers a workbook for teens to help them flush out their feelings and fears over their parents' divorce or separation. The author's own parents divorced when she was eleven, and she writes with a style that teens can easily relate to without feeling talked down to. The exercises in *Now What Am I Supposed to Do?* can be done alone or with friends. While this book is aimed at teens, it is also a helpful guide for parents and youth ministers who want to help teens work through their emotions.

The breakup of a family can be a confusing time. Without clear and honest communication from their parents, teens can be left with feelings of guilt, shame, and anger. Many children of divorce wrongly believe they are the reason for the dissolution of their parents' marriage. This helpful guide explains what parents go through when they split up and the challenges they face in dealing with their own pain as well as the trauma to their children. Readers will learn the best ways to communicate their feelings to their parents, as well as how to adapt to their new life.

My Parents Are Divorced Too

How to Land on Your Feet When Your World Turns Upside Down

Making Your Way After Your Parents' Divorce

What Children Need to Know When Parents Get Divorced

A Book for Kids by Kids

An Interactive Discussion Book for Children Ages 4-12

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### Free Yourself from the Past and Live the Life You've Always Wanted

Answers common questions about divorce, its effects on the family, relationships with parents after a divorce, and related matters, and provides observations from children who have experienced a divorce in their families.

Is it my fault that my parents are getting divorced? Do I have to choose between my mum and my dad? Is it normal to feel angry with my parents? When faced with their parents' divorce, children have many concerns and questions that are difficult for a parent to answer. This book explores children's thoughts and feelings and provides parents with guidance on how to respond to difficult questions. The author covers all the common questions that children ask and provides sensitive, candid answers in a way that children will be able to understand and relate to. Each chapter is devoted to a particular issue, such as why parents separate, what will happen during and after the divorce, and who the child is going to live with. The book recognizes the emotions and reactions of everyone in the family and includes separate conclusions for parents and children. This handy guide offers useful advice for parents and will also be of interest to counsellors and other professionals working with children.

"Case studies and helpful advice for kids whose parents are getting divorced"--Provided by publisher.

"Why isn't there a commandment to 'honor thy children' or at least one to 'not abuse thy children'?" asks Beverly Engel. No one should have to tolerate an abusive or destructive relationship. However, countless adults continue to foster toxic relationships with their parents. Perhaps honoring our parents starts with honoring ourselves. While making peace with a parent may seem ideal, it is not always a viable option, and severing ties with a parent

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is sometimes a necessity. Engel, who had to divorce her mother for a number of years, recognizes that forgiveness is not always necessary or even possible. This sensitive, emphatic, yet practical guide includes exercises to help you through this important turning point that can inspire positive and healthy changes in your life. With step-by-step instruction and real-life testimonials, *Divorcing a Parent* will show you how to anticipate and manage negative pressure from others, how to overcome your doubts and guilt, how to participate in family gatherings, and how to handle grandchildren. Engel even addresses how to manage the abuse of a deceased parent. While utilizing an individualized approach, Engel guides you through the entire process to determine what is best for your wellbeing—from deciding if divorce is right for you to finalizing the separation. Above all, this book shows you how to love yourself and give yourself the gift of freedom! Beverly Engel, is an internationally recognized psychotherapist and an acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of 20 self-help books, including four best-selling books on emotional abuse. Several of her books have received awards and been translated into many languages. Engel is a licensed marriage and family therapist, and has practiced psychotherapy for 35 years. She frequently lends her expertise to national television talk shows and has appeared on Oprah, CNN, *Starting Over*, and others. Learn more at [www.beverlyengel.com](http://www.beverlyengel.com).

7 Keys to Making it Through Your Parents' Divorce

Strategies for Raising Healthy Children of Divorce and Conflict

Pediatric Nursing, Psychiatric and Surgical Issues

You and Your Parents Divorce

Resolving Conflicts and Meeting Your Children's Needs

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My Parents Are Getting A Divorce... I Wonder What Will Happen To Me.

Children of Divorce

Children of Divorce features excerpts of stories collected from hundreds of young people. The narratives embrace such themes as despair, chaos in the family, and "missing" dads. The volume paints a picture of the pain, the hope, and the resiliency shown by young adults while in the throes of divorce and in the years to follow. These poignant narratives are framed by an analysis of the most recent divorce literature. The book clearly demonstrates the value of storytelling in helping people deal with major loss events in their lives. The authors' hope is that by examining these experiences, we will gain a greater understanding of the effects of divorce and ultimately strengthen relationships in the future. This book challenges the contention that most children will be irretrievably hurt by their parents' divorce. Presenting a mixture of young people's voices demonstrating the great variety of reactions to parental divorce, it shows the strength and resilience many of these young people have learned in surviving the pain surrounding divorce in their families. Emphasis is placed on how hope about the possibilities of having close relationships--as well as a willingness to try to have stronger families in their own adult lives--represent abiding motivations in this sample of young people. Providing an overarching theoretical emphasis on the value of storytelling for people

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dealing with major losses, the authors hope that this method of stressing the raw input of respondents will make the experiences more vivid and realistic to the reader.

A completely revised and updated edition on this sensitive subject designed to be read with elementary-age children facing the agonizing trauma of divorce. The perfect tool to comfort and educate children whose parents may be separating or divorcing. *If My Parents Are Divorced* provides parents, grandparents, teachers, and caregivers the opportunity to speak with children about this important topic. What happens when parents separate? The idea of parents taking a break from or ending their relationship is scary and sad for children of all ages. The subject arises when Marie tells her kindergarten class that her neighbor's parents are going to separate. It's not an easy topic to discuss, and some kids around the table don't like to talk about what's happening, but Marie and her friends soon learn that they're not alone in their feelings or experiences and realize that they can share their fears and worries with their friends. *If My Parents Are Divorced* shows how different families can deal with a separation and which insecurities may arise in the minds of children. The author gently conveys how important each child's feelings are and illustrates ways that the the child may feel better as time passes. This book is the ideal starting point for talking to preschoolers and grade schoolers

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about separations, divorce, and break-ups. It is designed to help children with their emotional development and to help process and understand their parents' decisions. In *If My Parents Are Divorced*, award-winning author and illustrator Dagmar Geisler draws attention to this sensitive subject and provides advice for not only the children who are experiencing their parents' divorces, but also those who are witnessing their friends in these situations and want to provide listening ears and support.

Three stepsiblings in a blended family discuss their experiences and those of friends with divorce and remarriage.

Now what Do I Do?

Weekends with Dad

A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts

Home Will Never Be the Same Again

A Guide to Good Parenting Through Divorce

If My Parents Are Divorced

A Supportive Guide for Personal Growth

***Still a Family is a much-needed repository of wisdom and practical counsel for any family going through a divorce, a time of heightened feelings and fragile relationships. Divorce can have a devastating effect on children. Yet for families who***

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*care fully consider and manage the intricacies associated with this difficult and upsetting time, the family, as seen from the child's perspective, can remain strong, healthy, and as loving and supportive as it ever was. Still a Family clearly and concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach, providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often painful process. The book covers the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups.*

*12 year old Danny's once happy and normal life starts to fall apart when his parents inform him they are getting a divorce. This book embarks on Danny's journey to understanding Why this is happening and Why God allowed it to happen.*

*Divorce...Although common in the times we are living in, continues to bring a devastating sting to all those in the family, especially the children. This book will give a child the truth and understanding they desperately need. It will also provide God's help, through his son Jesus, so they can develop the mindset required to overcome this personal tragedy This book will help children with the pain and confusion they feel*

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*when confronted with their parents' divorce by giving them God's perspective and Jesus' help. As someone who was a child of divorced parents and then later becoming divorced in my own marriage, I understand both as the child and mother of a child, how difficult and confusing divorce can be. Kim Carlone is the author of "I Like to Pray When...". This is her second Christian Children's book she has written with hopes to help children everywhere. "I believe this to be another great tool for the Christian parent's toolbox and a great resource for a child who has not come to know Jesus yet." A Christian Mother and former Sunday School Teacher, Kim enjoys bringing Jesus into a child's life. A child advocate, she sponsors children all over the world, through organizations that are fighting poverty and disease. Kim currently owns a Christian Retail Store, "The Christian Woman" and resides in her hometown of Portsmouth, RI with her family. Please visit our website [www.christiandivorcehelp.org](http://www.christiandivorcehelp.org)*

*Scientific American reported that there were 1.5 million children whose parents divorce each year in the United States. Although parents feel shattered or liberated by the divorce, their children probably feel terrified by the prospect of a change in their stability and happiness. This resource provides guidance in sorting out young people's feelings, understanding the divorce process, and finding people who can offer help. Teens find out how to avoid being caught in the middle of divided loyalties. They learn about conflict resolution and how to communicate with others honestly while dealing*

*with life changes and emotional challenges.*

*Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to those who claim that "children are resilient" and "children are happy when their parents are happy"? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.*

*Understanding Your Parents' Divorce*

*A Grief Out of Season*

*Daughters of Divorce*

*Adult Children of Divorce*

*What Children Need to Know*

### *Divorced*

#### *My Parents Divorced, and I Have a Plan*

***Almost 50 percent of marriages in the United States end in divorce or separation. A lot of families and children are affected by this traumatic event and the crisis that follows. Faced with the loss, instability, uncertainty, and perceived deterioration of many aspects of life, children naturally seek answers to these questions: Is it my fault? Do my parents still love me? Do they still love each other? When do I get to see my other parent? Am I going to lose the things and people I love and care about? Are we moving? Are we in financial difficulty? Do I have to quit sports or other activities? Do I have to deal with a step-parent, or boyfriend/girlfriend or my parents? What if I don't like them? How would others look at me now? Do I have a say in anything? ... This critically acclaimed book was written by Alex Wang (Age 14) with the support of experts in psychology, education, and law. Lovingly written with honesty and thoughtful details of social, emotional, psychological, physical, and financial challenges facing divorcing families, it is an advocate for support, understanding, compassion, and resilience. A must-have for all families who experienced divorce, and a reference guide for educational professionals***

***If you're reading this, you might be dealing with a separation or divorce. I went through it and made it out just fine and so can you. My parents divorced when I***

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***was six years old and my brother was two. I wrote this book at the age of ten because I wanted to help other children through this challenging situation. I came up with seven key issues that were really hard for me to deal with and how I got through them. Parents will also find the seven keys to be insightful. I hope this book helps you through this tough time. Remember, you'll be just fine.***

***Sincerely, C.J. Disclaimer: This is a work of fiction. Although its form is that of an autobiography, it is not one. Space and time have been rearranged to suit the convenience of the book, and with the exception of public figures, any resemblance to persons living or dead is coincidental. The opinions expressed are those of the characters and should not be confused with the author's.***

***A guidebook for never married, divorced or separated parents who to ensure they raise the healthiest children possible. It contains 30 exercises for parents to complete to allow them to be the best parent possible for thier child during this time.***

***When your parents divorce, it can feel like the world turns upside down. What do you do? Whether you live mostly with your mum or dad, this story can help you through the tough times.***

***Divorce Survival Guide for Kids***

***How to Talk about Separation, Divorce, and Breakups***

***When Your Parents Divorce***

***If Your Parents Divorced, Will You Too?***

***When Your Parents Divorce in Your Adult Years***

***Divorcing a Parent***

***How to Overcome the Legacy of Your Parents' Break-up and Enjoy Love, Trust, and Intimacy***

Is your child stuck in the middle of a high-conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along.

Written in a light-hearted manner for kids and teens, this divorce survival guide for kids is authored by two teens who share tips and tricks they learned over more than ten years, while moving from mom's to dad's

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house. They decided to write it after realizing that when their friend's parents were divorcing, they were the 'go-to' divorce kids for advice...and they realized they were sharing the same information each time. So, they wanted to share the information with all kids that are going through this difficult time, but in a kid-to-kid kind of way. In an easy to read format you'll find tips for what to expect, getting used to two homes, dealing with the divorce drama, what to do when you don't know what to do, and tips for sharing homework and school information between parents and teachers. So many things you didn't have to think of when your parents were together! Most importantly, this book shows kids that they're not alone and others have successfully survived their parents divorce. So why go through it with trial and error when you can read this brief guide and get all the tips you'll need to survive?! Deliberately kept short so you can get back to your friends, facebook, twitter and everything else kids do today!

Counsels adult children of divorced parents on five key steps for building and maintaining strong relationships, covering topics such as learning healthy lessons from a parent's negative examples and addressing commitment fears.

Zoe Jones is an eleven-year-old sixth-grader attending W. G. Wesley Middle School. The first year of middle school is supposed to be the best year of all times. However, its Zoe Jones first week of school, and she cant find anything to be excited about due to her parents getting a divorce. Zoe enters her first week of middle school not able to pay attention and feeling sad because she thinks that shes the reason her parents are getting a divorce. But when Zoes teachers notice that something is wrong with Zoe, she is taken to the school nurse, who then takes her to the school counselor, to find out what is bothering Zoe. Once Zoe discloses that her parents are getting a divorce and she thinks that she is the cause of the divorce, the school counselor intervenes and calls a meeting with Zoes mother. Will Zoe Jones continue to blame herself for her parents getting a divorce? Or will counseling help her to see that she is not the cause of the divorce and help her to

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accept the fact that her parents are divorcing and move on so that she can enjoy her first year of middle school? My Parents Divorced Me is a story of a child dealing with her parents going through a divorce by the incomparable Africa Hann. In the book, the main point is, when married couples are going through a divorce, they don't realize that the children are going through a divorce as well. This book is to encourage the parents to maintain a healthy and positive relationship with each other for the sake of the child, and that they should not allow their differences to interfere with continuing to raise the child as parents if not a couple. Additionally, when parents are going through a divorce, they should seek family counseling to assist the child with coping with the traumatic experience of divorce.

A Guide to Help Teenagers with Their Parents' Separation Or Divorce

Dealing With Your Parents' Divorce

My Parents Divorced Me!

Primal Loss

Overcoming Your Parents' Divorce

A Smart Girl's Guide to Her Parents' Divorce

Parenting After Divorce

*Despite the fact that divorce is becoming ever more frequent in our changing world, many times the children of a divorcing couple find it difficult to cope with the changes in their family lives. This book serves as a guide to help children through this process and a vehicle that parents can use to open discussion with their children.*

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*What is the real legacy of divorce? To answer this question, Constance Ahrons, Ph.D., interviewed one hundred and seventy-three grown children whose divorcing parents she had interviewed twenty years earlier for her landmark study, the basis of which was the highly acclaimed book *The Good Divorce*. What she has learned is both heartening and significant. Challenging the stereotype that children of divorce are emotionally troubled, drug abusing, academically challenged, and otherwise failing, Dr. Ahrons reveals that most children can and do adapt, and that many even thrive in the face of family change. Although divorce is never easy for any family, she shows that it does not have to destroy children's lives or lead to a family breakdown. With the insight of these grown children and the advice of this gifted family therapist, divorcing parents will find helpful road maps identifying both the benefits and the harms to which postdivorce children are exposed and, ultimately, what they can do to maintain family bonds.*

*Restore your faith in love and build healthy, successful*

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*relationships with this essential guide for every woman haunted by her parents' divorce. Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to:*

- Examine your parents' breakup from an adult perspective*
- Heal the wounds of the past*
- Recognize destructive dynamics in intimate relationships and take steps to change them*
- Trust yourself and others by embracing vulnerability*
- Create strong partnerships with their proven Seven Steps to a Successful Relationship*

*Break the divorce legacy once and for all!*

*"Your divorce doesn't have to damage your children..., "*

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*Stahl assures, " ... especially if you limit your children's exposure to your conflicts." He knows parents are not perfect, and he uses that knowledge to show imperfect parents how to settle their differences in the best interests of the children. This revised and updated second edition features ideas from the latest research, more information on long-distance parenting, dealing with the courts, and working with a difficult co-parent. A realistic perspective on divorce and its effects on children, Parenting After Divorce features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help for divorcing parents, custody evaluators, family court counselors, marriage and family therapists and others interested in the best interests of the children.*

*Moving Beyond your Parents' Divorce*

*What Grown Children Have to Say About Their Parents' Divorce*

*Tips to Survive Your Parents Divorce: for Kids, Written by*

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*Kids*

*Great Answers to Difficult Questions about Divorce*

*Mindful Living Series: Feelings & Emotions*

*How Does My Parents' Divorce Affect Me*

*Getting Through My Parents' Divorce*

**The book is not a classic pediatric text book. It shows different approaches to some pediatric topics. Our aim in this book, as understood from its title, is to describe some specific issues related to nursing, psychiatric and surgical issues. The book Pediatric Nursing, Psychiatric and Surgical Issues has 8 chapters which are placed in 4 different sections, to enlighten patients and pediatricians on current developments on specific pediatric issues. As a parent, when you think about the word "divorce," many feelings might come to your mind, but what about your children's feelings? How can you help them deal with their very real feelings about your divorce? Feelings are a superpower when used responsibly. Feelings tend to get a bad reputation because they can sometimes be overwhelming and painful, but feelings help us learn to cope, process, and heal from all the things we experience. The true healing powers of feelings can get lost in all the chaos. It is time to take children's feelings out of the shadows and bring them to the light. Sharing all**

## Where To Download My Parents' Divorce (How Do I Feel About)

*feelings is important in the healing process. This interactive workbook: provides a safe space for children to stay "whole" before, during, and after their parents' divorce. gives children a healthy, creative outlet to explore and process their feelings by initiating discussion as well as discovering the power of self-affirmation and drawing. takes a journey inside the concerns of children regarding how their lives will be changed by their parents' divorce.*

*Adult children are often overlooked and forgotten when their parents divorce later in life, but in these pages they will find comfort and understanding for the many feelings, frustrations, and challenges they face. For more than two decades, a silent revolution has been occurring and creating a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and its effects are being felt across three to four generations: more couples are divorcing later in life. Called the "gray divorce revolution," the cultural phenomenon describes couples who divorce after the age of 50. Overlooked in the issues that affect couples divorcing later in in life are the adult children of divorcing parents. Their voices open this book, and they are the voices of men and women, 18 to 50 years old. Some of them are single; some are married. Some have children of their own. All of them are in different stages of shock, fear, and sudden, dramatic change. In Home Will Never*

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*Be the Same: A Guide for Adult Children of Gray Divorce*, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them. As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

From the bestselling author of *Creative Divorce*, a refreshingly positive guide for adult children of divorced parents The potential harmful effects of parental divorce on children have been covered repeatedly in the media. No wonder that many of the 30 million children whose parents have divorced since 1979 feel stigmatized. *Moving Beyond Your Parents' Divorce* is a groundbreaking book that presents readers with the tools to use their parents' divorce as learning experiences to improve their own lives rather than repeating their parents' mistakes. Drawing from their extensive experience working with thousands of adult children of divorce, the authors

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*detail eight essential guidelines for: Building emotional resilience  
Developing healthy relationships Creating a stable family Healing  
relationships with parents Step-by-step, readers will learn how to  
move beyond victimhood and create a new sense of achievement and  
motivation.*

*What in the World Do You Do When Your Parents Divorce?*

*Overcome the Legacy of Your Parents' Breakup and Enjoy a Happy, Long-  
Lasting Relationship*

*Stories of Loss and Growth*

*A Kid-to-Kid Guide to Dealing with Divorce*

*5 Steps to a Healthy Relationship*

*A Survival Guide for Kids*

*The Now-Adult Children of Divorce Speak*

Divorce is often stressful for kids. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. In *But I Love You Both*, two psychologists and experts in parental alienation offer a workbook for kids who are feeling torn between two parents in a hostile divorce. The book also deals with the negative impact of custody disputes and helps children understand and identify their feelings, learn to cope with stress and other complex emotions, and feel safe and loved. If your parents divorced when you were young, you were probably affected by the

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breakdown for their marriage. Divided loyalties, secrets kept from the other parent, one life lived in two separate houses—these may have been par for the course. With this guide, you will learn that the effects of the divorce are not permanently harmful. Find out how to forgive your parents, discover new ways to enrich your own relationships and learn that there are alternative realities available. Divorce experts and psychologists Jeffrey Zimmerman, Ph.D., and Elizabeth S. Thayer Ph.D., show you how to recognize how your parents' divorce influenced your life, resulting in disruptions such as relationship failures due to financial reasons, difficulties with commitment, and repeated situations that “just don't seem to work out.” They provide techniques to help you understand and overcome these and other issues common to adult children of divorced parents. Zimmerman and Thayer focus on helping you learn how to build self-esteem, become resilient, establish healthy boundaries, communicate clearly, open up to trust, show love, believe in commitment and deal with vulnerable feelings. Explains how to cope with the life changes and emotional challenges that occur when parents divorce.

*My Parents Divorced, And I Have A Plan* is a groundbreaking children's picture book for all ages to help children (and parents) adjust to divorce in a healthy way. It is critical that children have the opportunity to ask questions and feel some control over their situation in the midst of a divorce. This *Have a Plan Book* provides an engaging, straightforward, and gentle approach. Grounded in brain science, it empowers children

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to L.E.A.D.: to integrate Logic and Emotions to Analyze and Decide on a plan to thrive. Learning facts about divorce, examining the emotions involved, analyzing suggestions, and deciding on a plan teaches resilience and lifelong coping and communication skills. It also provides a thoughtful and comforting framework for discussion. Most importantly, the lessons in this book-including that a child is NEVER to blame when parents divorce-can truly help a child navigate their new situation, making a difference now and for years to come. Blueprint it: This Have a Plan title can also be personalized online at [www.littleblueprint.com](http://www.littleblueprint.com). You can add names, a dedication, a character resembling your child, and/or photos of both parent and child. It is not only engaging, but useful for children to see themselves as the hero of their own story; it promotes both comprehension and recall of critical information about divorce, and helps children to process their situation and thrive.

My Mom and Dad Are Getting Divorced

Help Me Jesus! My Parents Are Getting Divorced!

My Parents' Divorce

How to Break the Cycle of Divorce and Create a Successful Relationship of Your Own

Still a Family

We're Still Family

The 7 Fatal Mistakes Divorced and Separated Parents Make

**Written by a "child of divorce" for "children of divorce," Making Your Way After**

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**Your Parents' Divorce is a supportive guide that helps personal growth. It takes an honest look at the effects that divorce can have in the life of a teenager or young adult, and the ways that they can move toward healing and forgiveness after their parents' divorce. Although aimed at teenagers and young adults, this book is a valuable resource for counselors, ministers, religious educators, social workers, and divorced parents themselves. Ideal for both individual and group use. Paperback**

**Instructs adults how to deal with parents who are getting divorced late in life and how to cope with their own distress**

**Offers advice to girls dealing with various aspects of divorce, remarriage, and stepfamilies.**

**A Guide for Adult Children of Gray Divorce**