

The Divorce Helpbook For Kids Rebuilding S For Divorce And Beyond

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Healing the Hurt, Restoring the Hope - Suzy

Yehl Marta 2003-04-19

A how-to guide to surviving divorce, death, or other crises helps children overcome the trauma through age-appropriate activities, games, and rituals. 25,000 first printing.

When Parents Divorce Or Separate - Lynn

Cassella-Kapusinski 2013-10-01

A Catholic guide that helps children ages 7-11 cope and work through their parent's divorce or separation in a way that helps them grow.

Divorce with Joy - Joy Ragan 2013-01-03

Jigsaw Puzzle Family - Cynthia MacGregor

2005

Presents a practice guide for children of divorce that offers advice on dealing with new stepparents and siblings, adjusting to new rules, changing houses, and more.

Can Your Relationship Be Saved? - Michael S. Broder 2002

"The title of this book captures one of the most commonly explored issues that I have dealt with in my office over the past three decades as a practicing clinical psychologist." Thus begins Dr. Broder's wise and compassionate guide to assessing a faltering love relationship, and answering the fundamental question asked by the book's title. Broder addresses individuals and couples in marriages, or any other type of love relationship or romance -- long- or short-term, and of any sexual orientation. His 40-item "Can Your Relationship Be Saved?" Inventory asks the rights questions. But readers are not left there. The chapters that follow gently guide them in exploration of what is likely to happen

if...? What if I go? What if I stay? Readers will find direction in answering those questions for themselves, and the information and strategies to help them act on their decisions. *Can Your Relationship Be Saved?* speaks--in a warm, unabashedly upbeat and optimistic manner--directly to the painful ambivalence that results when you are unable to determine how you really feel. Broder's guidance is packed with practical road maps and direction finders, avoiding glibness, cliches, pat answers or "someone else's value judgments that will rarely hold up for you in the end."

Biblical Counsel - 1993

Your Child's Divorce - Marsha Temlock 2006
When an adult child's marriage ends, lots of folks are hurt. The divorcing couple, of course, and their children. Until now, however, little attention has been paid to the parents of the divorcees. Temlock's examination of this sensitive topic offers parents a friendly

guidebook packed with helpful information and suggestions from parents who've "been there." Her five-stage model of the divorce process for parents (Accepting the News, Rescuing Your Child, Responding to Changes, Stabilizing the Family, Refocusing and Rebuilding) will help readers stay grounded through the emotional upheavals they'll share with their children and grandchildren. This practical manual puts an arm around the shoulder of parents of divorcing adults and supports them through the difficult days of the divorce process and its aftermath.

The Everything Parent's Guide To Children And Divorce - Carl E Pickhardt 2005-12-12

For parents, the hardest part of divorce is how it affects the kids. How do you explain to your child the reasons for choosing to divorce your spouse? How do you avoid creating feelings of guilt or blame, and let them know they are not responsible for the decision? The Everything Parent's Guide to Children and Divorce, written by expert author, psychologist, and child of

divorce Carl E. Pickhardt, Ph.D., provides you with the support you need to prepare your children for this adjustment. This insightful handbook advises you on: Communicating openly about divorce Supporting your child emotionally Running a single-parent family Anticipating problem behaviors Helping your child feel comfortable at school and with friends Preventing your child from "acting out" A comprehensive guide to help you make informed, confident decisions, The Everything Parent's Guide to Children and Divorce is the one resource you need to help your child make it through this difficult time with ease.

The Divorce Helpbook for Kids - Cynthia MacGregor 2001

A guide to dealing with the divorce of parents, discussing various reasons for divorce, the emotions experienced by the children, and ways of coping with the change.

Infidelity in Marriage: A Complete Self-Help Guide to Rebuild Relationship & Recover

from Pain - Paterson Keith 2014-09-24

Is your partner cheating in your marriage? There is nothing more painful than the pain that the unfaithful can bring. The betrayal, the anger, and the sickening jealousy is eating you up even in your waking hours. You need help and you need it fast. This book offers the help you need:

- o How to face the consequences of infidelity
- o How to forgive and forget after infidelity
- o How to rebuild trust
- o How to move forward after the pains

The Rebuilding Workbook - Will Limón
2020-11-01

Based on the #1 trusted resource on divorce recovery, *Rebuilding*, this highly anticipated workbook offers step-by-step guidance to help you put your life back together when a relationship ends. If you are going through a painful breakup or divorce, you may feel like the life you once knew is crashing down around you. You need help to gather the pieces and “rebuild” yourself from the ground up. Based on the

classic divorce guide, *Rebuilding*, this practical workbook offers powerful and time-tested skills to help you establish a new sense of identity, overcome the fear of being alone, forgive yourself and others, set healthy boundaries, and explore new relationships. In this workbook, you’ll learn about the 19 most common emotions, feelings, and attitudes that one experiences after the loss of a relationship, and discover a proven-effective approach for healing called “the divorce process rebuilding blocks.” Now the most widely used approach for divorce recovery, this model makes the process healthier and less traumatic for you, your partner, and your kids. A divorce or breakup can feel as painful as the death of a loved one. But by climbing the rebuilding blocks to recovery outlined in this workbook, you’ll discover that the core of your pain is much more than the death of old ways. It is also the pain of rebirth into a new life. Are you ready to rebuild?

[The Divorce Helpbook for Teens](#) - Cynthia

MacGregor 2004

Quote MacGregor: 'You can't undo the divorce, but you can change some of the hassles that result from it'. This is a survival manual for teens facing the break-up of their family, with advice & support for those who inevitably get caught in the middle.

Making Intimate Connections - Albert Ellis
2000

This is the first book to apply Dr. Ellis's famous "Rational Emotive Behavior Therapy" principles to intimate relationships. The seven guidelines for better couple communication offered in this user-friendly guide emphasize non-blaming acceptance, integrity, mutual support, appreciation, replacing irrational ideas and expectations with realistic attitudes. An effective resource for couples seeking greater closeness, intimate partners who are willing to make "unilateral" changes, marriage and family therapists -- a breakthrough relationship guide from the father of rational therapy.

Rebuilding After Divorce - Rose Sweet
2012-03

Full of practical considerations, wit, wisdom and Church teaching, it will both challenge and encourage anyone who is rebuilding their life after the pain of being divorced.

Divorce Guide for Women - How to Rebuild Your Life After Divorce - Melissa Townsend
2015-01-11

If you are thinking of getting a divorce or have been recently divorced, this may be the book for you. This divorce guide will help you to rebuild your life and self-image after a divorce.

The Long Way Home - M. Gary Neuman
2013-03-25

How adults can heal the pain caused by their parents' divorce—from New York Times bestselling author Gary Neuman Millions of adults were children of divorce—and while a few have found closure and healing, many continue to struggle with the trauma of their parents' divorce, commonly even 20, 30, or 40 years after

it happened. If you are experiencing some of the common reactions to divorce, including issues of trust, ongoing sadness, and the feeling that you can't shake your past, then you are likely still suffering from the pain of your parents' divorce. This book is designed to help you rebuild your past, regardless of how long you have felt unable to do so. Licensed family counselor Gary Neuman has worked successfully with many adult survivors of parental divorce. In this book, he presents a new, proven program to help you see and understand your past in order to let go of the pain of your parents' divorce and transform both your present and your future. Presents a proven, 4-step process that will help you re-experience your past and understand it in a new, more objective way Guides you through major issues that can affect adult survivors of divorce, such as finding peace with your parents and getting comfortable with love Written by the New York Times bestselling author of *The Truth About Cheating* and *Helping Your Kids Cope*

with Divorce the Sandcastles Way
What Every Woman Should Know About Divorce and Custody (Rev) - Gayle Rosenwald Smith J.D. 2007-07-03

Women are still discovering-the hard way-just how difficult and unpredictable child custody cases can be. The first and most comprehensive book of its kind, this is a complete insider's guide filled with crucial advice from judges, lawyers, therapists, and mothers who have experienced this challenging legal process. It is designed for women at every stage of divorce and covers a wide range of legal strategies, as well as financial and psychological issues. This updated edition describes how to use technology advantageously and pitfalls to avoid, as well as changes in interstate custody laws and essential topics such as: - Choosing a lawyer - What to expect before and in court - Blended families - Domestic violence risk factors for women - What makes a custody agreement good or bad - Dealing with your emotions - Parental

kidnapping cases - An appendix of recommended reading

Helping Children Survive Divorce - Archibald Hart 1997-01-16

How can children successfully survive the trauma of divorce? In friendly, heart-to-heart language, Archibald Hart offers divorced parents specific ways to help children cope with the psychological and social damage that comes with divorce.

Rebuilding - Bruce Fisher 1999-11

A positive step-by-step programme for putting your life back together when your relationship ends.

Healing the Hurt, Restoring the Hope - Suzy Yehl Marta 2003

The founder of RAINBOWS, Inc., a formal support system for children and teens who experience loss through divorce, death, and crisis, presents a counseling program that helps adults understand how children perceive loss. Marta's unique approach includes use of play-

based activities. 30 illustrations.

After Your Divorce - Cynthia MacGregor 2006
It's over. The divorce is final, he's out of your house and -- mostly -- out of your life. Now what? Are you ready to get on with your life? Do you have dreams, plans, skills, energy for what comes next? And will you be making it happen, or letting it happen? MacGregor and Alberti have prepared a friendly, straightforward manual of advice and suggestions that assumes every woman is capable of handling life on her own. Helps for emotional recovery (MacGregor is a "survivor," Alberti is a psychologist), practical matters (credit, home repairs), dealing with your ex (be assertive!), helping your children to cope ("we didn't divorce you!"), and much, much more.

Death & Dying, Life & Living - Charles A. Corr 2012-01-01

Practical and inspiring, this field-leading book helps students learn how to navigate encounters with death, dying, and bereavement. The

authors integrate classical and contemporary material, present task-based approaches for individual and family coping, and include four substantial chapters devoted to death-related issues faced by children, adolescents, young and middle-aged adults, and older adults. The book discusses a variety of cultural and religious perspectives that affect people's understanding and practices associated with such encounters. Practical guidelines for constructive communication are designed to encourage productive living in the face of death. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The International Handbook of Parental Alienation Syndrome - Richard A. Gardner
2006

The dramatic increase in the number of child-custody disputes since the seventies has created an equally dramatic need for a standard reference work that examines the growing social

problem of children who develop an irrational hatred for a parent as the result of divorce. The International Handbook of Parental Alienation Syndrome: Conceptual, Clinical, and Legal Considerations features clinical, legal, and research perspectives from 32 contributors representing eight countries, building on the work of the late Dr. Richard Gardner, a pioneer in the theory, practice, diagnosis, and treatment of Parental Alienation Syndrome (PAS). This unique book addresses the effects of PAS on parents and children, discusses issues surrounding reconciliation between parent and alienated child, and includes material published for the first time on incidence, gender, and false allegations of abuse in PAS. Content highlights examines PAS and the roles of family members, the criminal justice system, and the need for public awareness and policymakers to respond to PAS. Descriptive statistics on 84 cases are given, and the factors affecting reconciliation between the child and target parent are listed.

The mild, moderate, and severe categories of PAS are explored, and the psychological consequences of PAS indoctrination for adult children of divorce and the effects of alienation on parents are researched. The role of medical reports in the development of PAS, sexual abuse allegations, and future predictions on the fate of PAS children are many of the clinical considerations in this book. The legal issues concern PAS in American law, criticisms of PAS in courts of law, protecting the fundamental rights of children in families, family law reform, International PAS abductions, and the legal requirements of experts giving evidence to courts. The impact and implications of PAS are immense, and no other single source provides the depth and breadth of coverage of the topic than the clinical and forensic chapters in this book.

Still a Family - Lisa Rene Reynolds 2009

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 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.
Betrayal of the Child - Stewart Rein 2001

[The Complete Divorce Recovery Handbook](#) -
John P. Splinter 1992

Anyone going through a divorce will tell you it's a crazy time. Feelings run rampant. Stress is high. And even when the major issues are resolved, some adjustments will take years. The Complete Divorce Recovery Handbook is designed to take you from the complete moments of shock and grief to the process of inner healing and wholeness. Field-tested by hundreds of divorced people, it details a recovery program suitable for both small-group discussions and individual use, covering issues like: - Coping with roller-coaster feelings - Learning how to forgive - Dealing with your ex and your children - Dating after divorce - A biblical perspective on divorce and remarriage - Building healthy relationships -- You can be a whole person again. You can recover from the

crazy time -- with the help you'll find in *The Complete Divorce Recovery Handbook*.

Getting Apart Together - Martin Kranitz 2000

Guess which couple got more of what they wanted: Charles and Charlotte, who worked out a negotiated settlement together? Or John and Joyce, who let the court settle their differences? Couples who want to negotiate their own divorce settlements now have a comprehensive self-help guide, complete with ground rules, agendas for discussion, sample forms, and options for divorce mediation without "bloodshed." Not quite a "do-it-yourself" manual - you'll still need an attorney - but packed with real-couple examples of successful agreements on Co-Parenting, Custody, Financial Support, College Planning, Property, Insurance, Taxes.... An organized, thorough guide to the important issues for every separating couple, and an effective aid for those who seek professional mediation. "Your chances of getting the outcome you want are best when you take control of the

decision-making process," says Martin Kranitz, Director of the National Center for Mediation Education in Annapolis, Maryland. "Couples can work out their own decisions, if they know what to talk about."

Trauma-Proofing Your Kids - Peter A. Levine, Ph.D. 2014-09-16

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children

safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

The Child Custody Book - James W. Stewart
2000

"It is almost always in your children's best interest to settle a case--with or without mediation--rather than to litigate in court," said Judge Stewart. His book fully, clearly, and concisely explains the process of court child custody litigation. It shows how custody decisions are made, what can be expected at each stage of the process, and how parents can insure that their abilities are clearly presented to persons with influence over the custody decision. It is intended to eliminate surprises that could lead to costly mistakes along the way. Parents who settle custody disputes out of court will not only save tens of thousands of dollars, but will have avoided the rancor and hostility of a custody trial that makes future cooperation in raising the children almost impossible. With help from a capable and experienced attorney, this book will allow the reader to present her/his case for custody in its best possible light. A

must-read for divorcing parents, custody evaluators, family psychologists, and marriage and family therapists.

10 Christian Values Every Kid Should Know
- Donna Habenicht 2000

Donna Habenicht A child development specialist provides more than 1,000 strategies for teaching kids respect, responsibility, self-control, honesty, compassion, thankfulness, perseverance, humility, loyalty, and faith in God.

Divorce Handbook for California - James W. Stewart 2002

"I wrote this to help you survive the dissolution of your marriage without the financial ruin most people face," said Judge Stewart. His wise guidance shows readers how to: establish realistic expectations about divorce; find and hire a good attorney; control their attorney's actions and fees; use mediation and/or arbitration effectively; handle child and spousal support; protect children during the difficult times.

Making Divorce Work - Diana Mercer

2010-12-07

Eight essential keys to resolving conflict and rebuilding your life. This unique and empowering guide gives divorcing couples the skills to manage their divorce successfully, handle the legal and emotional issues harmoniously, and redefine and preserve the positive elements of their relationship. Informed by eight mediation concepts developed and used by the authors in their practice, the process outlined in this book will allow divorcing couples to deal rationally with the issues rather than allowing fear, anger, and grief to dictate their actions. Making Divorce Work leads couples to experience divorce as a celebration of the end of a relationship that served them well and provides the tools to deal with virtually every aspect of divorce-from money and custody to grieving and pain-to be proud of the way they handled their divorce and to start their new lives from a better place. Watch a Video

Successful Stages in Reunification - Steffanie

Brooks-aguilar 2016-04-18

The epidemic of divorce has had an enormous impact on our children and the conflict between co-parents has changed the direction of families throughout generations. This book is a must-have guide for clinicians and professionals working with children and parents in order to build better relationships and reduce conflict through Reunification.

The Parent's Guide to Birdnesting - Ann Gold

Buscho 2020-09-01

Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you've been looking for. Instead of the children splitting their time being shuttled between mom and dad's separate homes, birdnesting allows the children to stay in the "nest" and instead, requires mom

and dad to swap, allowing each parent to stay elsewhere when not with the children. Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Buscho's guidance, you'll learn everything you need to know about this revolutionary method. In *The Parent's Guide to Birdnesting*, you will discover the pros and cons, the financial and interpersonal considerations, and if it's the right decision for you and your family.

[Marital Myths Revisited](#) - Arnold A. Lazarus
2001

"Many people contend that marriage is a relationship that carries the principle of friendship to its ultimate and most intimate degree. I think they are mistaken." One of the most influential psychotherapists of our time revisits his "two dozen myths" two decades later. Surprises aplenty in this no-holds barred

conversation with readers about the "myths" that get married couples in trouble. The notions that "Husbands and wives should be best friends," "Marriage should be a 50-50 partnership," and "An unhappy marriage is better than a broken home," are explored, debunked, and re-examined in the light of 21st century hindsight. This is a provocative, insightful, sometimes disturbing look at some of our most cherished beliefs about marriage.

Putting Kids First in Divorce - Jeremy Kossen
2016-04-17

Going through a divorce is never easy. Tension can be high, and too often, the adversarial family court system only escalates the conflict. Sadly, children can become collateral damage. Fortunately - as in life - in divorce, you have choices. You don't need to go down the traditional path of hiring a divorce attorney and battling it out in court. Instead, you can choose cooperation over conflict, and put your children first! *Putting Kids First in Divorce*, brings

together eleven leading divorce, co-parenting, and relationship professionals, who share their insights and perspectives on communication, conflict resolution, and supporting children through a transition. You'll learn about alternatives to litigation such as collaborative law, mediation and divorce coaching - which are far less adversarial and more economical than family court. In an easy-to-read interview-style format, *Putting Kids First in Divorce*, will enlighten, empower and inspire you. Filled with wisdom from leading experts, you'll learn everything from creating a cooperative child-centric separation to resolving conflict; approaching divorce with mindfulness to raising resilient children; communicating with your ex to co-parenting with compassion. Equipped with the knowledge you will acquire in this book, our hope is that you see divorce does not have to be a battlefield, but an opportunity for growth where you can create an environment to ensure your children thrive! As Karen Bonnell, a co-

contributor to the book is fond of saying, "When it comes to a child's sense of family, what divorce breaks apart, solid co-parenting rebuilds." *Putting Kids First in Divorce* is comprised of ten value-packed chapters featuring content and interviews with high-integrity divorce professionals, unified by a common theme: putting the needs of children first through cooperative processes. The topics covered include: ♦ Choose Cooperation Over Combat by Jeremy S. Kossen & Mark B. Baer, Esq. ♦ Stay Out of Court! Choose Mediation or Collaborative Divorce Over Litigation by Mark B. Baer & Jeremy S. Kossen ♦ For Kids, What Divorce Breaks Apart, Strong Co-Parenting Rebuilds by Karen Bonnell, ARNP, MS ♦ Using Mediation to Build a Happy Blended Family by Amanda D. Singer, Esq., MDR, CDFFA(tm) & Jennifer M. Segura, JD, CDFFA(tm) ♦ Approaching Divorce With Mindfulness And Compassion by Belinda N. Zylberman ♦ How to Establish Boundaries and Promote Healthy

Communication by Maida V. Farrar, Esq., CDC

◆ The Road to Resiliency: How to Raise Resilient Children Through a Family Transition by Kristine Clay, MA ◆ How to Work on Your Marriage When It No Longer Works by Sara Freed ◆ How to Help Your Teen Survive and Thrive After Divorce by Nicola Beer ◆ Guilt-Free Parenting in Divorce by Cherie D. Morris

Helping Your Kids Cope with Divorce the Sandcastles Way - M. Gary Neuman
1999-07-27

Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. Helping Your Kids Cope with Divorce the Sandcastles Way can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you: How to build a co-parenting relationship--even when you

think you can't When you or your child should see a therapist Age-appropriate scripts for addressing sensitive issues What to do when a parent moves away How to stop fighting with your ex-spouse How to navigate the emotional turmoil of custody and visitation How to help your child deal with change How to cope with kids' common fears about separation How to introduce significant others into the family and help your child cope with a new stepfamily More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents.

Parenting After Divorce - Philip Michael Stahl
2007

"Your divorce doesn't have to damage your

children..., " 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.

In The Best Interest Of The Child, A Manual for Divorcing Parents - Baksh Nadir Psy. D.
2013-02

This book is a manual for parents who are divorcing. Written by a licensed clinical forensic psychologist and a Ph.D. nurse/counselor its purpose is to help parents save their children unnecessary anguish throughout the divorce process. The advice and direction contained here are eminently practical-detailing what adults can expect from a custody battle; what they will encounter in themselves and in their children (emotionally, physically, mentally) during divorce; helping parents to make sense out of their children's questions; offering guidance in making decisions for themselves and their kids; and explaining the ultimate importance of putting the child's needs first. What makes this book different and invaluable is that the authors refuse to take a sugar-coated or willy-nilly approach. They have witnessed, firsthand, too much pain and suffering in families during divorce to hold back their strong, direct words and warnings. "We are not afraid to take a stand," they declare up front. "In fact, we believe

it is our duty to underscore the needs of your children so they don't get lost or disappear underneath legal paperwork." While they fully understand that adults do not set out to cause damage to their children, they also know that any divorce, if not handled properly, will absolutely cause serious problems to children. Such "proper handling" must include a strategically-planned blueprint that maps out a child's need for emotional health and well-being. In *The Best Interest Of The Child* guides the divorcing adults in the drafting of such a blueprint. Without it, they plead, "your children's lives will quickly stagnate or suffocate in the mire and muck created by spousal mud-slinging and attorney-posturing." The tone of the book, while uncompromising, also generates strong credibility for the author's words, and easily inspires confidence in their readers. Years of

experience as therapists and family counselors allow the authors to present their material with authority, sanity and genuine wisdom. Topics covered include: what to expect when you are divorcing; the stress and fear that children take on; the need for extra vigilance and care toward children; softening or preventing the custody "battle"; the hidden needs of children; and dealing with an uncooperative spouse.

[Relationship Maintenance and Repair Manual](#) - Harold Renshaw 2002-05

The Marriage Repair and Maintenance Manual is a self-help book for those who want to improve their marriages, avoid problems and fix those that have arisen. It is divided into two sections, basic principles and concepts, and a section of case studies with the author's comments. The author uses humor and case illustrations as well as his own cartoons to get his points across.