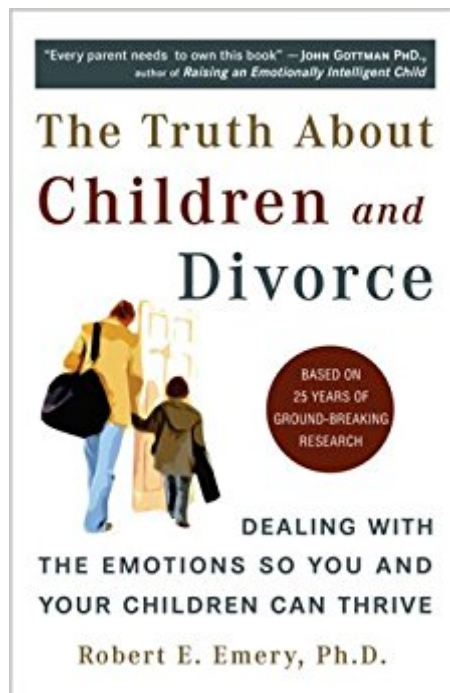




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# The Truth About Children And Divorce: Dealing With The Emotions So You And Your Children Can Thrive



## Synopsis

Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children's resilience. With compassion and authority, Dr. Emery explains: Why it is so hard to really make divorce work How anger and fighting can keep people from really separating Why legal matters should be one of the last tasks Why parental love—and limit setting—can be the best “therapy” for kids How to talk to children, create workable parenting schedules, and more

## Book Information

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## Customer Reviews

Psychology professor Emery knows firsthand how difficult divorce can be for children. He has an adult daughter from his first marriage, and while he regrets some of his behavior with regard to his ex-wife, he also recognizes that he and his former spouse were effective parents. When there are children, a divorce doesn't end a husband-wife relationship. Emery believes too many couples say they don't want their children hurt by their divorce, but the children still end up stuck in the middle, almost always facing discomfort. So, Emery writes, "The first order of business is negotiating a working relationship with your ex." Emery explains how to establish and develop the foundation of a co-parenting partnership by understanding emotions, managing anger and setting boundaries.

Drawing on examples from his clients, he elaborates upon how individuals can agree on custody arrangements, schedules, discipline and other issues. In a relaxed style, Emery elucidates a very stressful subject. He doesn't sugarcoat the situation; one of his examples is about a vindictive couple whose children are hurt by their anger over the failed marriage. His book will benefit parents going through divorce, as well as attorneys and therapists who work with divorcing parents and their children. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“Finally, an internationally respected scholar tells parents the absolute truth about divorce and its effect on children.”  
—John Gottman, PhD, author of *The Heart of Parenting: Raising an Emotionally Intelligent Child*

Purchased for my younger brother after a particularly difficult and protracted divorce "battle" began resulting in "divorce casualties" (my nieces). His family counselor gave it rave reviews. (She called me to "source them", as she plans to use them in her practice.) Bought one for myself as well, as I'm one constant in their lives. (Again, kudos from the counselor!) Having worked in Family Law for many years, I feel this book is definitely worth the price to help loved ones going through this always-difficult situation where NO ONE "WINS" (ESPECIALLY when there are children involved).

I have read a few books now on divorce/separation process. Most follow similar approach where the benefits of a collaborative style are juxtaposed with more combative styles to the detriment of everyone -especially the kids. This book spends more time focused on how kids specifically get impacted and provides some good tools and easy-to-understand case studies that illustrate cause/effect. Author has good writing style and most of the chapters have something useful to take away. I found the "good divorce" and "moms house; dads house" to also be quite useful. Overall, taking the time to work through these kinds of books has helped me considerably move through the process. One can get a real sense of why its so important not to let your separation and divorce process go off the rails - even if that's what happened in the marriage. Just because your ex cheated, lied or whatever, getting even will cost your kids far more long term pain.

My mom recommended this book to me and my ex wife. It helped both of us. We stopped fighting and are actually friends now. I started reading it and was like wow I'm guilty of some of the negative behaviors and I didn't realize it. This is not a preachy book or a caudling book but more of a solution

book.

I heard of Dr. Emery from several child development specialists I met at a seminar. They consider him to be the current expert. I bought several volumes (at full price) to give to my clients who were contemplating divorce and wanted to know what was best for their children. My clients have raved about the book. They quote it to me, highlight sections and bring in the book with lots of bookmarks. The advice is practical and helps the clients focus on the important issues. I work with people on cooperative divorce (see [divorcewithoutwar.info](http://divorcewithoutwar.info)) and this information helps me accomplish our goal of working for the best interests of the children and keeping the divorce process civil. I recommend this book to any one with children who is contemplating a divorce. It will really help them make good decisions and hopefully make the entire process less stressful.

This book really did help me with my intense anxiety about what my pending divorce would do to my two precious little daughters. When my wife had an affair and left me (yes folks 2/3 of divorces in the U.S. are initiated by women) I was absolutely devastated, more so in fear for my children's emotional and psychological well being. This book helped me realize that if the divorcing parents make every attempt to keep their emotions in check and work cooperatively to be good parents, despite the split - the anguish for the children will be greatly attenuated. My oldest daughter who is six years old had the greatest difficulties. But, with this book as guidance, I've learned to keep conflict with my soon-to-be-ex (stbex) at a minimum and work WITH her to be an effective parent. The result - my daughters appear to be doing well if not thriving. To be sure divorce is a terrible thing (I still believe that we could have saved the marriage IF my stbex would have applied a minimum of effort) but with the clear, and systematic guidance in this book YOU can do your part to lessen the blow this will have on your children. Good luck!

Book is just ok. Learned more from parenting with love and logic

Prompt, as Stated, Pleased  
Good book to read so as to understand that your child does not see divorce from your perspective. It was a real convenience to be able to purchase this item on line.  
Thank you.

Very well written, great information.

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