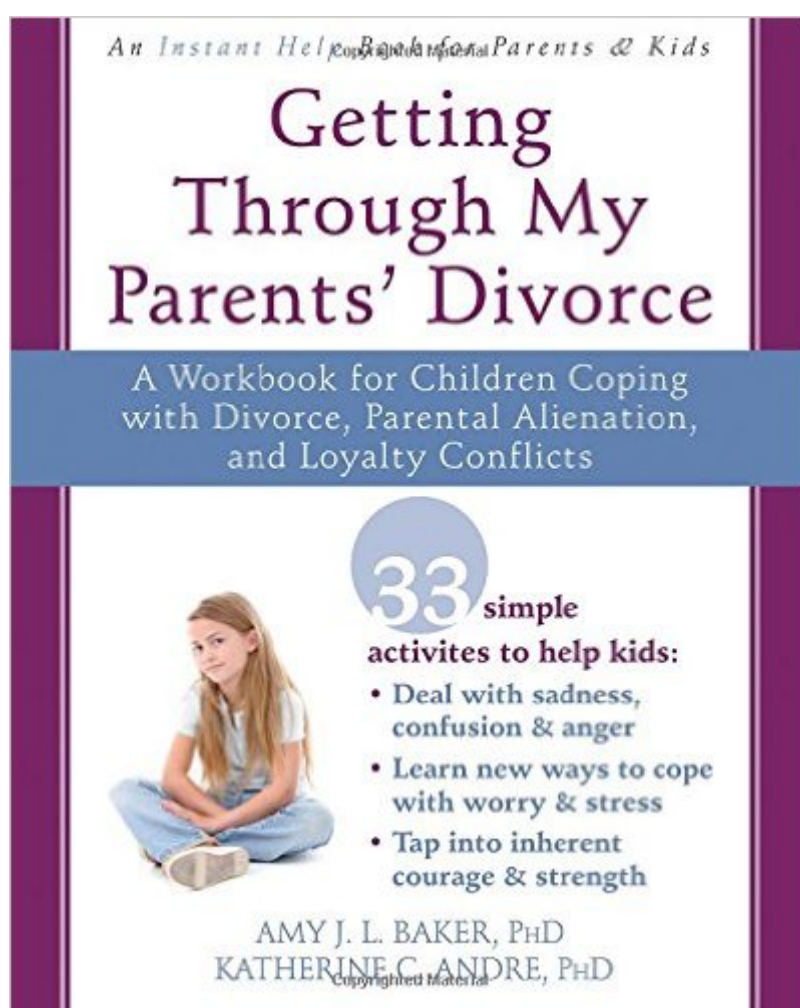


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# Getting Through My Parents' Divorce: A Workbook For Children Coping With Divorce, Parental Alienation, And Loyalty Conflicts



## Synopsis

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.

## Book Information

Paperback: 128 pages

Publisher: Instant Help; Csm Wkb edition (July 1, 2015)

Language: English

ISBN-10: 1626251363

ISBN-13: 978-1626251366

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #115,518 in Books (See Top 100 in Books) #77 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Marriage & Divorce](#) #178 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #202 in [Books > Self-Help > Relationships > Conflict Management](#)

Age Range: 5 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

As a psychotherapist who works with both children and their parents, I sometimes wish I had a tool that could help children find the words and the courage to explore the complex feelings that are bothering them. This book could be such a tool. It covers the basic issues that most children face when their parents are divorcing, and explores their complex feelings in a safe and simple format. It also offers some excellent tools for dealing with those feelings. The language seems to be aimed at a child between 9 and 12 years old, but with an adult's help, even first and second graders could understand some of it, and some adolescents could use it to trigger a deeper exploration of their own problems. Although the tools for dealing with feelings are excellent, many of them could have been more useful if they had been placed in the context of the "I statement" a skill that is really necessary in order to use most of the tools in the book, but one which many children find very difficult to practice especially with their parents.

This workbook provides practical tools to begin coping with the uncertainties and difficulties brought about by divorce. It has great activities to practice and learning new ways to handle situations. It is a great tool to use for children. Also found it helpful for other family members.

We have barely gotten started, and it looks very hopeful. Excellent layout, and clearly designed to help children. A workbook such as this one, should be a requirement for divorcing parents to provide their child(ren). "The best interest of the children" I'm so worn thin on that loose phrase everyone loves to manipulate, but this workbook, truly has the best interests of the children in mind.

Great informative book, great seller, would buy again, thank you.

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