



Healthy Divorce: For Parents and Children--An Original, Clinically Proven Program for Working Through the Fourteen Stages of Separation, Divorce, and Remarriage

Craig Everett, Sandra Volgy Everett

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Solutions for negotiating one of life's most difficult events Healthy Divorce is a very valuable book, containing practical answers to difficult questions. - Dan Kiley, author of The Peter Pan Syndrome and The Wandy Dilemma The authors have devoted their careers to counseling divorcing families. In this encouraging book, they outline the fourteen stages of divorces and offer families practical advice and solutions for negotiating one of life's most difficult events. With sensitivity and sensibility they explain how to recognize the different stages of the divorce; what to expect during each phase; and how to deal with the predictable patterns of the divorce process. Healthy Divorce explores ways of confronting such tough issues as how to tell your children you're getting a divorce; how to plan a separation; and how to cope with your feelings of anger, grief, and abandonment. The authors offer practical advice on using mediation as an alternative to the adversarial court battle; co-parenting to maintain stability for the children after the divorce; and organizing and structuring a happy blended family.

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