

## **Where Can I Learn More?**

NOTE: This is not a list of endorsed materials but merely suggestions for books that may be helpful as resources. Various individuals contributed to the recourse list. The specific content of the materials does not necessarily reflect the opinions of Johnston, Root & Leibenguth, P.C.

### **BOOKS FOR ADULTS - GENERAL**

**Between Love and Hate: A Guide to a Civilized Divorce**, by Lois Gold. Offers guidance to those going through divorce on improving communication, effective negotiation, and conflict resolution. Covers legal, financial and emotional issues.

**Caught in the Middle**, by C. Garrity and M. Barris

**Crazy Time**, by Abigail Trafford. A personal and academic account of the emotional and practical struggles of men and women going through divorce.

**The Divorce Advisor**, by Marcia Kline Pruitt.

**Divorce And New Beginnings**, by G. Clapp

**Getting Divorced Without Ruining Your Life**, by S. Margulies

**Going It Alone**, by Robert Weiss

**The Good Divorce**, by Constance Ahrons. Shows couples how they can move beyond breakup and learn to deal with the transition from a nuclear family to a "binuclear" family.

**How to Survive the Loss of a Love**, by Melba Colgrove, Harold Bloomfield and Peter A. McWilliams.

**Living Through Your Divorce**, by Earl GroHman and Marjorie Sams

**Untying The Knot**, by Janine M. Bernard and Harold Hackney

**Your Divorce Advisor: A Lawyer and a Psychologist Guide You Through the Legal and Emotional Landscape of Divorce**, by Diana Mercer (Fireside 2001)

## BOOKS FOR ADULTS - PARENTING PLANS and WORKBOOKS

**But...What About Me! (How it Feels to be a Kid in Divorce)**, by Bonnie Doss

**Child Custody: Building Parenting Agreements that Work (3rd Ed.)**, by Mimi E. Lyster [Nolo Press, Jan 2000].

**The Children's Book**, by Marilyn S. McKnight Erickson and Stephen K. Erickson. A communication workbook for parents to use and pass back and forth as the children spend time in different homes. Includes places to record the schedule, activities, names, addresses and birthdays of friends and families, etc.

**Creating a Successful Parenting Plan**, by Dr. A. Jayne Major

**Co-Parenting: Sharing Your Child Equally**, by Miriam Galper

**The Custody Revolution: The Father Factor and the Motherhood Mystique**, by R. Warshak

**Divorce Book For Parents**, by Vicki Lansky

**The Divorce Decisions Workbook**, by Margorie Louise Engel and Diana Delhi Gould. A planning and action guide. Contains extensive forms for information-gathering and decision making.

**The Divorced Parent**, by Stephanie Marston

**Families Apart**, by M. Blau

**Growing Up Again: Parenting Ourselves, Parenting Our Children**, by Jean Clark

**Helping Children Cope with Divorce the Sandcastles Way**, by Gary Newman

**Helping Your Child Succeed After Divorce**, by Florence Bienenfeld

**How to Help Your Children Overcome Your Divorce**, by E. Benedek and C. Brown

**Impasses Of Divorce**, by J. Johnson and L. Campbell

**Joint Custody with a Jerk**, by Julie A. Ross and Judy Corcoran. Excellent suggestions for examining each parent's role in ongoing parental disputes. Communication skills for dealing with a difficult ex-spouse. "Not just for people who have joint custody and not just for jerks."

**Kids Are Worth It**, by Barbara Coloroso

**Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced or Remarried**, by Isolina Ricci. A practical guide to setting up two-home parenting arrangement. Useful for parents whether or not joint custody is chosen. Includes guiding principles for co-parenting and maps out emotional stages and milestones from the time of separation through remarriage.

**Parenting Through Divorce**, by Karen J. Todd, M.C. and Nancy Barros, M.A.

**The Parent's Book About Divorce**, by Richard Gardner

**The Parent's Handbook: Systematic Training for Effective Parenting (STEP)**, by Dinkmeyer and McKay; STEP for Parenting of Teens

**Parent vs. Parent: How You and Your Child Can Survive the Custody Battle**, by Stephen P. Herman

**Positive Discipline**, by Jane Nelson

**Raising Self-Reliant Children in a Self-Indulgent World**, by Stephen Glenn and Jane Nelson

**Second Chances**, by Judith S. Wallerstein and Sandra Blackslee

**Sharing The Children: How To Resolve Custody Problems And Get On With Your Life**, by Robert Adler

**Shared Parenthood After Divorce**, by Ciji Ware

**Surviving the Break Up: How Children And Parents Cope With Divorce**, by Judith S. Wallerstein and Joan B. Kelley

**Touchpoints: Your Child's Emotional and Behavioral Development**, by T. Berry Brazelton

**Without Spanking or Spoiling**, by Elizabeth Crary

**Vicky Lansky's Divorce Book for Parents**, by V. Lansky

**Your \_\_\_ Year Old** (one book for each age), by Louise Bates Ames