

## BIBLIOGRAPHY

The following is a list of books in our library that address different aspects of divorce. This bibliography is intended to aid you in seeking more information on the topic of divorce and related issues. These books are a representative cross-section of books on the topic of divorce. There are many more, however, available at your local bookstore that you may find interesting. It is our intent that you use our library as a survey so you can decide on purchasing only books you deem helpful.

We hope that you enjoy any and all of these selections and welcome your feedback and/or suggestions for other books you may come across that are not listed. Enjoy!!

### BOOKS FOR PARENTS:

Ackerman, M.J. (1997) Does Wednesday Mean Mom's House or Dad's? New York: John Wiley & Sons, Inc. (\$14.95)

*Summary: Advice and practical information on aspects of divorce, custody, and co-parenting from a local psychologist.*

Ahrons, Constance. (1998) The Good Divorce. Harper Perennial: New York.

*Summary: This book challenges society's traditional view that divorce is one of life's greatest failures. It speaks of "binuclear families" and how to make the best of your changing family.*

Ahrons, Constance. (2005) We're Still Family. Harper Collins: New York.

*Summary: Challenging the myth that children of divorce are doomed to a lifetime of struggles, interviews with adult children of divorce provide new evidence that divorce is not as devastating as some researchers have suggested. Divorcing parents can learn what they can do to maintain health family relationships.*

Bartelmie, Stanley L. (2011) Divorce Mediation Manual. Trafford Publishing

*Summary: This manual will positively assist and inform couples engaged in the process of divorce mediation, helping them navigate the process. This book helps couples make the right choices when engaged in divorce mediation.*

Bonnell, Karen and Little, Kristin. (2010) The Co-Parents' Handbook. CMC Publishers: Bellevue, Washington

*Summary: A valuable resource for parents and families in transition with a tested "here's how" approach.*

Boyan, S.B. (2003) Cooperative Parenting and Divorce "Shielding You Child from Conflict" A Parent Guide to Effective Co-Parenting. Active Parenting Publishers: Atlanta.

*Summary: This workbook assists divorcing parents in minimizing the negative effects of the divorce process on their children. The book discusses typical child responses to the divorce process, conflict resolution techniques, and co-parenting strategies.*

Cameron, Nancy. (2004) Collaborative Practice: Deepening the Dialogue. The Continuing Legal Education Society of British Columbia.

*Summary: Written for professionals, but also great insights for clients considering the collaborative process. An essential resource for professionals who are practicing in or who are making the change to collaborative family practice in a thoughtful, humorous, and concise manner.*

Doskow, Attorney Emily. Nolo's Essential Guide to Divorce. Berkeley, CA: Nolo, 2006.

*Summary:* A user friendly guide to minimizing the amount of time invested in the divorce process. The author explains the benefits of a collaborative process versus a traditional divorce, as well as providing the resources necessary for those filing pro se.

Duncan, Judge Roderic. (2007) A Judge's Guide to Divorce: Uncommon Advice from the Bench. Berkeley, CA: NOLO.

*Summary:* Advice offered from the unique perspective of a family court judge, allows readers to understand how the process works and what to avoid when separating from their partner.

Emery, R. (2004) The Truth About Children and Divorce: Dealing With the Emotions So You Can Thrive. Penguin Group: New York.

*Summary:* Compelling research on the emotional experience of divorce and its effects on children as well as practical strategies and advice.

Garbarino, J. & Bedard, C. (2002) Parents Under Siege: Why You Are the Solution, Not the Problem, In Your Child's Life. The Free Press, New York.

*Summary:* A guide to raising challenging children with interviews from dozens of parents across the country.

Gold, L. (1995) Between Love and Hate. A Guide to Civilized Divorce. Plenum Press: New York.

*Summary:* Written by a divorce mediator/family therapist, this book provides insights and techniques to achieve a civilized and humane divorce. Emphasis on communication and negotiation skills. A good resource for anyone contemplating mediation.

Goldstein, J., Freud, A., & Solnit, Albert J. (1973) Beyond the Best Interests of the Child. The Free Press: New York.

*Summary:* Discusses the role of the "psychological parent," a person who has a parental relationship with a child, whether or not the two are biologically related. Also discusses and recommends the substitution of "the least detrimental available alternative" as a child placement guideline.

Hetherington, M. & Kelly, J. (2002) For Better or For Worse. W.W. Norton & Company: New York, London.

*Summary:* The most comprehensive study ever done of the effects of divorce on children. Also provides practical and helpful advice to parents. This new book provides a reader-friendly guide to how people can build success out of the stress and adversity of divorce for themselves and their children.

Johnston, J. Ph.D. and Roseby, V. Ph.D. and Dr. Kathryn Kuehnle Ph.D. (2009) In the Name of the Child. Springer Publishing Company; 2 edition

*Summary:* Extensive research and clinical experience of the authors make it possible for readers to better understand the impact a high-conflict divorce has on children and offers advice to assist in making lives a little easier for the children affected by post-divorce warfare.

Kellner, E. (2010) The Pro Child Way: Parenting with an Ex. UnTapped Talent LLC: Pennsylvania. (\$14.95)

*Summary:* Readers are guided through forty-six of the trickiest divorced-parenting situations, followed first by the often typical reaction, then the positive pro-child response. This book's problem/solution format makes it easy for a parent to gain advice on any issue while addressing the child's need for love, patience, kindness, consistency, and security.

Lowrance, Michele. (2010) The Good Karma Divorce. HarperCollins: New York. (\$25.99)

*Summary:* This book, written by a practicing domestic-relations judge, teaches principles that will help

*people move through the divorce process regret-free. In her book, Judge Lowrance teaches readers to: Create a manifesto that serves as a moral compass, harness negative emotions, and prevent collateral damage.*

Mercer, D. J.D. (2010) Making Divorce Work. Penguin Group: New York. (\$15.00)

*Summary: This book provides tools and inspiration for parents to renegotiate their relationship with their spouse, put an end to unproductive arguments and behaviors, determine a fair win-win settlement, and move on from their marriage happy, healthy, and whole.*

Neumann, M. Gary. (1999) Helping Your Kids Cope with Divorce the Sandcastles Way. Random House: New York. (\$16.95)

*Summary: A guide for parents going through a divorce, including advice on how to co-parent, 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 introduce significant others into the family, and how to cope with kids' common fears about separation. Includes age-appropriate scripts for addressing sensitive issues and artwork from children of divorce.*

Pedro-Carroll, J. Ph.D. (2010) Putting Children First. Penguin Group: New York (\$16.00)

*Summary: Written by a clinical psychologist, researcher, consultant, and therapist, this book explains with clarity and compassion how parents can dramatically change the emotional health effects that the breakup of a family can have on children.*

Sember, Brette. The Divorce Organizer & Planner. 2nd ed. New York: McGraw-Hill, 2013. Print.

*Summary: Workbook designed to guide couples through divorce. Tips for gathering information on finances, documentation for homes and cars, how to discuss maintenance with your lawyer, and much more.*

Sember, Brette. No-Fight Divorce: Spend Less Money, Save Time, and Avoid Conflict Using Mediation. New York: McGraw-Hill, 2006. Print.

*Summary: Explains mediation and why it is a less time consuming, more civilized approach to divorce, especially for someone unfamiliar with the process.*

Stahl, P., Ph.D. (2007) Parenting After Divorce. Impact Publishers, Inc.: California. (\$15.95)

*Summary: Provides a realistic perspective on the effects of divorce on children. Real examples and case studies are used to give real-life examples. This book provides important practical advice on how to resolve post-divorce conflicts and meet the needs of children. This book focuses on helping parents look at issues through the eyes of their child in addressing placement and other parenting*

Stoner, Katherine E. (2009) Divorce without Court: A Guide to Mediation & Collaborative Divorce. California: Nolo Books

*Summary: Using the approach of collaborative divorce, this book guides readers through steps necessary to negotiate a divorce settlement, and provides examples of what can be expected in either mediation or collaboration. It also provides resources, including contact information for state officials, as well as national and regional organizations.*

Talia, S. (1996) How to Avoid the Divorce from Hell\*. Nexus Publishing Company: California.

*Summary: Clever and remarkably accurate insights into common divorce pitfalls, written by an experienced family lawyer, chapters such as "Recipe for the Divorce from Hell" are really on point and provide real insight into the process for non-lawyers. Great sense of humor.*

Tesler, Pauline H., M.A., J.D., and Thompson, Peggy, Ph.D. (2006) Collaborative Divorce “The Revolutionary New Way to Restructure Your Family, Resolve Legal Issues and Move on with Your Life”. Regan Books and Imprint of HarperCollins Publishers .

*Summary:* *This book describes the respectful out-of-court settlement process of collaborative practice, which provides a healthier alternative for couples and families to resolve legal issues without the financial and emotional cost of a court battle. An invaluable guide for people contemplating divorce as well as professionals.*

Thomas, S. (2011) Parents Are Forever. Springboard Publications: Longmont. (\$13.95)

*Summary:* *This book is designed to help parents recover from the effects of divorce and learn ways to restructure his/her family with respect to "co-parenting". Maintaining a working relationship with one's ex-spouse is necessary and vital for children. Practical applications of co-parenting are presented as well.*

Ventura, J. & Reed, M. (2009) Divorce for Dummies. IDG Books Worldwide, Inc.: Foster City. (\$19.99)

*Summary:* *Advice on how to assess whether you are emotionally and financially ready for divorce, understand your basic legal rights and responsibilities, hire the right attorney, and talk to your kids about what is happening.*

Webb, Stuart G., Founder, Collaborative Law, and Ousky, Ronald D. The Collaborative Way to Divorce. Hudson Street Press (2006)

*Summary:* *A discussion of the collaborative divorce process for prospective divorcing couples. A practical and readable walk through the process and advice on maximizing the potential for positive outcomes.*

Woodhouse, Violet, and Dale Fetherling. Divorce & Money: How to Make the Best Financial Decisions during Divorce. Berkeley, CA: Nolo, 2009. Print

*Summary:* *The author reduces the complexities of the financial aspect of divorce down into easy to follow steps for couples beginning the divorce process.*

## **BOOKS FOR CHILDREN:**

Brown, L.K. & Brown, M. (1988) Dinosaurs Divorce. Joy Street Books: Boston. (\$4.95)

*Summary:* *A must-read book for children experiencing the separation of their parents. Excellent for very young children.*

Clarke, Jane, and Anne Kennedy. The Best of Both Nests. Morton Grove, IL: Albert Whitman, 2007. Print.

*Summary:* *Using birds, the author shows that even though parents are separated, they will still play large roles in their child's life and the amount of love will remain the same. Small children.*

Cleary, Beverly, and Paul O. Zelinsky. Dear Mr. Henshaw. New York: Morrow, 1983. Print.

*Summary:* *A sixth grader writes a letter to his favorite author about his parent's divorce, his adjustment to a new school and the trials and tribulations that come with being 13 years old. The author's response gives him a new outlook on life. Young adults.*

Coffelt, Nancy, and Tricia Tusa. Fred Stays With Me! New York: Little, Brown, 2007. Print.

*Summary:* *A young girl and her pet, who acts as a symbol of stability, navigate her parent's divorce together. Children's.*

Danziger, Paula, and Tony Ross. Amber Brown Is Not A Crayon. New York, NY: Putnam's, 1994. Print.

*Summary:* *The first book in a series focusing on a third grade girl whose parents have separated. Separation, divorce and remarriage are an underlying theme in the books in a realistic way, without causing the story to be overwhelmingly focused on the topic. Young adults.*

Dr. Seuss. Horton Hatches the Egg. New York: Random House, 1940. Print.

*Summary:* *Perfect at showing that genetics don't necessarily make someone a parent, the amount of love and affection is what does. A classic for all ages.*

Ford, Melanie, and Ford, Steven, and Ford, Annie, and Blackstone-Ford, Jann. My Parents Are Divorced Too: A Book for Kids by Kids. Washington, DC: Magination Press; 2<sup>nd</sup> edition, 2006. Print.

*Summary:* *Melanie, Annie, and Steven Ford pack lots of simple truths and "I have been through it" advice into this wise little book about their struggles and triumphs through their parents' divorce and remarriage.*

Garrett, Lauren Braude. Hasby Finds His Voice. Bloomington, IN: Balboa Press, 2011. Print.

*Summary* *Author Lauren Garret has written a light, age-appropriate story, which will engage young children and their parents navigate the early stages of divorce. It seeks to impart the all-important message that children must learn that their words matter. The main character, Hasby, learns to use his voice to keep him safe.*

Gray, Kes, and Emma Layfield. Mum and Dad Glue. London: Hodder Children's, 2009. Print.

*Summary:* *Reinforces the idea that the child is never to blame for a divorce. Also shows that no matter how much someone might want to, not all problems can be fixed. Children's.*

Hoffman, Mary, and Ros Asquith. The Great Big Book of Families. Dial for Young Readers, 2011. Print.

*Summary:* *Celebrates the diversity of a community by showing the many different shapes and sizes of families. The book highlights many lifestyles and cultural differences, showing that love is the common factor of what makes a family strong. Children's.*

Jong, E. (1996) Megan's Two Houses. Dove Kids: California.

*Summary:* *Megan is a spitfire who speaks up and acts out about her parents' divorce and their new relationships. Well written and illustrated, this is a realistic funny, sad and honest depiction of a child's struggle to adjust.*

Lanske, V. (1998) It's Not Your Fault, Koko Bear. Book Peddlers: Minnesota.

*Summary:* *This book is a take-off on the Berenstain Bears books and likely appealing to young children. Raises many children's concerns and feelings in a storybook approach. Added plus are parenting suggestions at the bottom of each page.*

LeMaire, Colleen. I Have Two Homes. CreateSpace Independent Platform, 2014. Print.

*Summary:* *Emphasizes that a parent's love is what makes a family special and that love is strong enough to outlast difficult situations, like divorce. Children's.*

Levins, S. (2006) Was It the Chocolate Pudding? A Story for Little Kids About Divorce Magination Press: Washington, D.C.

*Summary:* *"A Story for Little Kids About Divorce". Helps young children understand that they did not cause their parents' divorce and explains that, despite a divorce, both parents still love them.*

MacGregor, Cynthia. The Divorce Helpbook for Teens. Atascadero, CA: Impact Publishers, 2004. Print  
*Summary:* *MacGregor knows that divorce can be especially tough on teens, and her warm and friendly guide offers a helping hand to teens struggling to answer the tough questions when their parents divorce.*

Masurel, C. (2001) Two Homes. Candlewick Press: Massachusettes. (\$14.99)  
*Summary:* *Written for very young children with illustrations by Kady MacDonald Denton, this book expresses the similarities in having two different homes from a child's point of view and that no matter where the child may live their parents love them just the same.*

Mayle, P. (1988) Why Are We Getting A Divorce? Harmony Books: New York. (\$16.00)  
*Summary:* *An excellent book for the entire family. Through the use of humor and sensitivity, it will help children cope with their feelings and aid parents in understanding their child(ren)'s concerns. Advice on how to reassure children is illustrated as well.*

Moore-Mallinos, Jennifer, and Marta Fàbrega. When My Parents Forgot How to Be Friends. Hauppauge, NY: Barron's Educational Series, 2012. Print.  
*Summary:* *Shows kids that as difficult as it is to watch their parents argue, they're never responsible and they will be loved regardless of how their parents feel about each other. Children.*

Ransom, J. (2000) I Don't Want to Talk About It. Magination Press: Washington, D.C.  
*Summary:* *After reluctantly talking with her parents about their upcoming divorce, a young girl discovers that there will be some big changes but that their love for her will remain the same. Includes an afterword for parents on helping children through such a change.*

Ricci, Isolina Ph.D. (2006) Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two. Touchstone  
*Summary:* *From the author of the classic Mom's House, Dad's House, the essential guide for kids on how to stay strong and succeed in life when parents separate, divorce, or get married again. This book is packed with practical tips, frank answers, easy-to-use lists, "train your brain" ideas, reproducible worksheets, and things to try when words just won't come out right.*

Richardson, Justin, Peter Parnell, and Henry Cole. And Tango Makes Three. New York: Simon & Schuster for Young Readers, 2005. Print.  
*Summary:* *Based on the real penguin couple in the Central Park Zoo, this story explains how two fathers can be equally as loving and caring as a mother and father. Good way to start the conversation about single-sex marriages and families. Children's.*

Schab, Lisa M. (2008) The Divorce Workbook for Children: Help for Kids to Overcome Difficult Family Changes & Grow Up Happy. California: New Harbinger Publications, Inc. (\$16.95)  
*Summary:* *Written by an experienced therapist, The Divorce Workbook for Children offers parents simple and engaging activities that can help kids address and cope with issues related to parental divorce. The goal of these activities is to help kids feel "out of the middle" of the parental conflict and learn to be more resilient and self-reliant.*

Schmitz, T. (2008) Standing on My Own Two Feet. Penguin Group: New York. (\$12.99)  
*Summary:* *This beautifully illustrated book is for children of divorce. It assures children that they will always have two parents to lean on, just as they have two feet to stand on.*

Shreeve, Elizabeth, and Candice Hartsough McDonald. Oliver at the Window. Honesdale, PA: Front Street, 2009. Print.

*Summary: A young boy is starting preschool and his parents are divorcing at the same time. He has a stuffed lion giving him strength and courage through this hard time. Young children.*

Walsh, Melanie. Living with Mom and Living with Dad. Somerville, MA: Candlewick; Ltf edition, 2012. Print.

*Summary: Melanie Walsh visits the changes in routine that are familiar to many children whose parents live apart, but whose love and involvement remain as constant as ever.*