

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. You may review any of these at our client library to decide whether any would be helpful to you. The content and opinions in these books is not our input or legal advice. It is our intent that you use our library as a survey so you can decide on purchasing only books you find helpful.

We hope that you find this list helpful. We welcome your feedback and/or suggestions for other books you may come across that are not listed.

BOOKS FOR PARENTS:

Ahrons, Constance. (2009) 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. (2009) 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. (2017) The Co-Parenting Handbook. Sasquatch Books; Reprint edition

Summary: A valuable resource for parents and families in transition with a tested "here's how" approach. An excellent, insightful, and practical resource.

Boyan, S.B. (2003) Cooperative Parenting and Divorce "Shielding Your 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. (2016) Collaborative Practice: Deepening the Dialogue. The Continuing 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.

Covy, Karen, J.D. (2015) When Happily Ever After Ends: How to Survive your Divorce Emotionally, Financially and Legally. CreateSpace Independent Publishing Platform

Summary: This book identifies the challenges and complications of divorce in all aspects of the couples' life. It offers detailed advice complete with relatable examples to help individuals navigate the process and deal positively with the impact of divorce.

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

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.

Eddy, Bill, LCSW, Esq. (2014) So, What's Your Proposal? Shifting High-Conflict People from Blaming to Problem-Solving in 30 Seconds! Unhooked Books

Summary: This book offers a practical guide to stay calm and confident while confronting the difficult negotiation behaviors of dwelling in the past and placing blame. The author provides useful methods to refocus attention on taking responsibility, solving problems, and looking to the future. Helpful for both clients and professionals.

Eddy, Bill, LCSW, Esq. (2014) BIFF: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns. Unhooked Books, 2nd edition

Summary: Explains how the BIFF (Brief, Informative, Friendly, Firm) approach is an invaluable tool in today's fast-paced, communication-challenged society. This book provides over 20 practical examples for implementing BIFF responses in all areas of life and specifically with high-conflict people.

Green, Janice. (2013) Divorce After 50: Your Guide to the Unique Legal & Financial Challenges 2nd edition NOLO

Summary: Written by an attorney, this book focuses on the issues confronting couples over 50. Information is provided regarding health care, estate planning, alternative processes to divorce and numerous other important topics.

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.

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

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.

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.

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.

Paris, Wendy. (2016) Splitopia: Dispatches from Today's Good Divorce and How To Part Well. Atria Books: New York

Summary: Engaging and groundbreaking, Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits.

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

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.

Rayward, Clarissa. (2015) Splitzville: How to Separate, Stay Out of Court and Stay Friends. 2nd Edition
Australia: Clarissa Rayward

Summary: Divorce creates fear and uncertainty which quickly leads to conflict. By focusing on the big picture, the reader is armed with information that will enable them to finalise their separation and divorce without the need to go to Court- thereby saving not only money but more importantly minimising the personal damage that Court proceedings will cause.

Riss, Suzanne & Jill Sockwell (2016) The Optimist's Guide to Divorce. Workm Publishing: New York

Summary: Wise, comforting, and uplifting, The Optimist's Guide to Divorce captures the experience of sisterhood through the voices of its authors and their community of women in the Maplewood Divorce Club-women who understand what you're going through, who know the practical issues as well as the emotional ones, and who can help you keep a sense of hope and a sense of humor.

Rosenberg, Marshall., Ph.D. (2015) Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides). Puddledancer Press

Summary: Provides guidance on identifying and articulating feelings and needs honestly without creating hostility through the use of powerful consciousness and vocabulary.

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

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

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

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

Stark, Vikki. (2015) The Divorce Talk: How to Tell the Kids: A Parent's Guide to Breaking the News without Breaking Their Hearts. Green Light Press

Summary: A straightforward guide based on interviews with over one hundred children that teaches parents how to limit their children's stress and risk of trauma as the family transitions. Specific examples and advice is provided to help parents have divorce conversations with their children in ways to avoid an emotional tug-of-war.

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

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. (2016) How to Avoid the Divorce from Hell*. Nexus Publishing Company, 3rd Edition: 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.

Tessler, Pauline H., M.A., J.D., and Thompson, Peggy, Ph.D. (2007) Collaborative Divorce "The Revolutionary New Way to Restructure Your Family, Resolve Legal Issues and Move on with Your Life". Regan Books and Imprint of Harper Collins 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.

Trafford, Abigail (2014) Crazy Time: Surviving Divorce and Building a New Life. Harper Collins Publishers, 3rd Edition: New York.

Summary: Practical and insightful tips for men and women who need help working through the turmoil of divorce.

Webb, Stuart G., Founder, Collaborative Law, and Ousky, Ronald D. (2007) The Collaborative Way to Divorce. Hudson Street Press

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. (2009) Divorce & Money: How to Make the Best Financial Decisions during Divorce. Nolo: Berkeley, CA

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.

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

Bunting, Eve. (2001) The Days of Summer. Harcourt Children's Books: Florida.

Summary: Grandparents don't get divorced. Do they? Nora and Jo-Jo are stunned by their grandparents' decision. During a special visit to her grandparents' house, the children discover that honesty and love can carry one through even the most difficult changes.

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

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.

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

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.

Coffelt, Nancy, and Tricia Tusa. (2007) Fred Stays with Me! New York: Little, Brown

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

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

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. (2011) Hasby Finds His Voice. Balboa Press: Bloomington, IN

Summary Author Lauren Garrett 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. (2009) Mum and Dad Glue. Hodder Children's: London

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.

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

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.

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.

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

Summary: This book is a take-off on the *Berenstein 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. (2014) I Have Two Homes. CreateSpace Independent Platform

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.

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. (2004) The Divorce Helpbook for Teens. Impact Publishers: Atascadero, CA

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: Massachusetts

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

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. (2012) When My Parents Forgot How to Be Friends. Barron's Educational Series: Hauppauge, NY

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.

Newman, Leslea, and Carol Thompson. (2009) Mommy, Mama, and Me. Tricycle Press; Brdbk edition

Summary: Rhythmic text and illustrations with universal appeal show a toddler spending the day with its mommies. Shares the loving bond between same-sex parents and their children.

Newman, Leslea, and Carol Thompson. (2009) Daddy, Papa, and Me. Tricycle Press; Brdbk edition

Summary: Rhythmic text and illustrations with universal appeal show a toddler spending the day with its daddies. Shares the loving bond between same-sex parents and their 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. (2005) And Tango Makes Three. Simon & Schuster for Young Readers: New York

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.

Schmitz, T. (2008) Standing on My Own Two Feet. Penguin Group: New York.

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. (2009) Oliver at the Window. Front Street: Honesdale, PA

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.

Thomas, Pat. (1999) My Family’s Changing (A First Look at Series). Barron’s Educational Series

Summary: Written specifically for children, this book offers an honest and candid approach to help them understand the divorce process and the difficulties of restructuring the family. This interactive book encourages children to identify and express their feelings and offers reassurance in simple terms.

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

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.