

## BIBLIOGRAPHY

The following is a list of books in our client 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. 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 useful. We welcome your feedback and/or suggestions for other books you may come across that are not listed.

Cohen, Elizabeth. (2021) Light on the Other Side of Divorce. Mango Publishing Group.

*Summary: Dr. Elizabeth Cohen offers advice and a tested method of recovering after a divorce. Dr. Cohen has also faced divorce, so she offers her own knowledge of the process and how she handled life on the emotional divorce-recovery journey.*

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.*

Clements, Ruth. (2019) Surviving Separation and Divorce: Dealing with divorce day-to-day. Lion Books.

*Summary: Clements guides the reader, with compassion and practical advice, on how to survive the day to day aspects of divorce. Showing that there is always hope, and giving tips on how to deal with the practicalities of separation and divorce.*

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.*

Eddy, Bill, LCSW, Esq. (2021) Calming Upset People with EAR. Unhooked Books.

*Summary: Following his BIFF Response method and book series on written communication, this book will come in handy when interacting in-person in all kinds of upset situations to show empathy and respect to help calm tension and build communication.*

Ellis, Erica. (2020) Your Healthy Divorce Journey: A Step-by-Step Guide Through the Process of Divorce. Healthy Divorce Journey, LLC.

*Summary: Dr. Erica Ellis will walk you through every step of the divorce journey, from deciding upon which legal process to utilize, to how to best emotionally support yourself and your children, all the way through effective strategies for establishing new relationships and blending new families.*

Graham, Deborah, Kavoukain, Stella, and Anderson, Alison. (2022) A Guide To A Sensible Divorce. Tellwell.

*Summary: A comprehensive and practical tool for partners to navigate the stresses of separation and divorce. This guide provides clear and practical answers to the most commonly asked questions relating to parenting, legal, and financial issues.*

Hartley, Gabrielle and Brower, Elena. (2019) Better Apart. Harp Collins Publishers.

*Summary: A guide to radically reframing the way you experience separation and divorce, including help on navigating common legal and emotional pitfalls of divorce.*

Mann, BJ. (2018) A Better, Not Bitter Divorce: The Fair and Affordable Way to End Your Marriage. HopeHill Publishing.

*Summary: BJ brings you the wealth of information she has put to use in her work with thousands of divorcing couples. You'll find clear explanations, concise worksheets, and detailed checklists you need to navigate the four aspects of divorce.*

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

Peters, Jon. (2012) The Quick Guide to Divorce Mediation: Practical Advice for Satisfying Agreements.

*Summary: A brief and comprehensive guide to mediation aimed at divorcing parents. Mediation is explained and each step of the process is clearly detailed to help readers wisely choose whether mediation is the right choice and be well-prepared.*

Purdy, Deb. (2017) Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce. InsightStream.

*Summary: Feelings of all types can linger after a divorce is finalized, whether you are newly divorced or have been divorced for a long while. This book discusses how to take those feelings and create feelings of happiness and make you more peaceful. Use this book as a springboard to your best life after divorce.*

Rye, Mark S. Ph.D. (2015) The Divorce Recovery Workbook. New Harbinger Publications.

*Summary: The Divorce Recovery Workbook uses mindfulness and positive psychology to help you cope with post-divorce emotions. You'll learn self-compassion to help you heal, forgive, and form new, loving relationships and includes helpful exercises and tips for managing a co-parenting relationship.*

Sember, Brette. (2019) The No-Fight Divorce Book. Sember Resources.

*Summary: Don't make divorce harder than it already is. The No-Fight Divorce Book provides you with all you need to know to take advantage of mediation, an increasingly popular, proven alternative to traditional divorce that is less time-consuming, far less expensive, and a whole lot more civilized.*

Stoner, Katherine E. (2018) Divorce without Court: A Guide to Mediation & Collaborative Divorce. 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.*

Woodhouse, Violet, and Dale Fetherling. (2013) Divorce & Money: How to Make the Best Financial Decisions during Divorce. Berkeley, CA: Nolo

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

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