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Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust

Nicholas Long, Rex Forehand

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From the bestselling authors of *Parenting the Strong-Willed Child*, expert strategies and action steps for divorcing parents

While there are many trade books on children and divorce, most tend to be filled with extensive discussions of the psychological impact on children, with little effective advice. You want immediate answers and quick access to expert strategies you can use to help your kids today and in the future. *Making Divorce Easier on Your Child* arms you with 50 effective strategies and action steps for helping your kids cope with divorce, packaged in a convenient, quick-bite format. It is based on the authors' years of clinical experience dealing with the children of divorce, as well as their extensive research into the causes and cures of divorce-related emotional problems.

"Informative and sensible, offering realistic, clear-cut recommendations."

Robert Brooks, Ph.D., Faculty, Harvard Medical School, and coauthor of *Raising Resilient Children*

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