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Divorce: The Ultimate Teen Guide (It Happened to Me)

Kathlyn Gay

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It has been estimated that at least half of the children in America come from families that have been affected by divorce. Of those children, more than half will see a parent's second marriage dissolve as well. The impact of divorce on teens can be devastating, adversely affecting their attitudes, behaviors, and schoolwork, as well as their relationships with both friends and family.

Divorce: The Ultimate Teen Guide focuses on the difficulties young people face in the wake of an epidemic that affects so many families. This book offers encouragement, insights, and resources to help teens cope with the challenges that come from living with divorce. Chapters address such issues as:

- Managing parental conflicts
- Financial concerns
- Communication problems
- Placing blame and taking sides
- Depression
- Living in a stepfamily

Featuring stories about and quotes from young people and adults who have experienced parental separation and divorce, this book will be helpful for readers who are trying to deal with similar situations. With an emphasis on strategies and resources, *Divorce: The Ultimate Teen Guide* will help young people cope with this often devastating experience.

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