

Divorce and Adults

Divorce is one of the most stressful experiences a person can go through. One reason it is so difficult is because it changes the family's identity. It is normal to experience many different feelings, including denial, anger, bargaining, depression, and acceptance. There are an abundance of self-help resources available for adults who are going through a divorce. This approach is called bibliotherapy, which is a way of sharing information through the use of books and other written materials. However, it is important to be careful when choosing these materials. Researchers recommend avoiding books that have many religious offerings promoting a nuclear family. Also, be aware of materials that are vague and give personal views. Below are some recommended self-help books and websites for adults.

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Self-help books for adults

New Creative Divorce: How to Create a Happier, More Rewarding Life During and After Your Divorce (1999)

Authors: Mel Krantzler, Pat Krantzler, Publisher: Adams Media Corporation

This book is written by a therapist, and helps adults begin to deal with their divorce.

Getting Divorced Without Ruining Your Life (2001)

Author: Sam Marguiles, Publisher: Fireside

This book gives practical guidance for dealing with and understanding the legal, emotional, and financial issues involved in a divorce.

Crazy Time: Surviving Divorce and Building a New Life (1992)

Author: Abigail Trafford, Publisher: Harper Paperbacks

This book helps adults understand their behaviors and emotions by explaining the stages of crisis, confusion, and mending.

Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust (2002)

Authors: Nicholas Long, Rex L. Forehand, Publisher: Contemporary Books

This book is clear and easy to understand. It offers suggestions for dealing with common problems that adults face when going through a divorce.



Recommended books continued:

***Mom's House, Dad's House* (1997)**

Author: Isolina Ricci, Publisher: Fireside

The author addresses legal, financial, and emotional issues that arise when parents attempt to create two separate homes. Includes working with ex-spouse effectively to benefit children.

***The Truth about Children and Divorce* (2004)**

Author: Robert E. Emery, Publisher: Viking

This author is a psychologist with 25 years of experience working with divorced parents and their children. He gives practical, research-based advice for helping children adjust to divorce.



Recommended websites for adults:

www.extension.usu.edu

www.healthyrelationshipsutah.org

www.strongermarriage.org

www.stepfamilies.info

www.twoofus.org

For more information, contact:

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Monthly tip for families:

Have your child help you complete a fun outside chore, such as washing the family dog or car.