

Reading List for Parents and Teens

[The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults](#)

by Karen Bonnell and Kristin Little

[The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive](#)

by Robert E. Emery, Ph.D.

[Parenting After Divorce: Resolving Conflicts and Meeting Your Children's Needs \(Rebuilding Books\)](#)

by Philip Michael Stahl

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

by Rex Forehand, Ph.D. and Nicholas Long, Ph.D.

[How Do I Tell the Kids About the Divorce: A Create-A-Storybook Guide To Preparing Your Children—With Love](#)

by Rosalind Sedacca, CDC

[The Good Divorce](#)

by Constance R. Ahrons

[The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce](#)

by Thayer and Zimmerman

[Mom's House, Dad's House: Making Two Homes for Your Child](#)

by Isolina Ricci, Ph.D.

[The Divorce Book: A Practical and Compassionate Guide](#)

by McKay, Rogers, Blades and Gosse

[Divorce Decisions Workbook: A Planning and Action Guide to the Practical Side of Divorce](#)

by Marjorie Louise Engel and Diana Delhi Gould

[Between Love and Hate: A Guide to Civilized Divorce](#)

by Lois Gold

[The Healthy Divorce: Keys to Ending Your Marriage While Preserving Your Emotional Well-Being](#)

by Lois Gold

Collaborative Divorce: The Revolutionary New Way to Restructure Your Family, Resolve Legal Issues, and Move on with Your Life
by Pauline H. Tesler, J.D. & Peggy Thompson, Ph.D.

Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex- A Hands-on, Practical Guide to Communicating with a Difficult Ex-Spouse
by J.A. Ross & J. Corcoran

Getting Past No
by Ury and William

Getting To Yes
by Fisher, Roger, Ury, William, and Patton

Difficult Conversations: How to Discuss What Matters Most
by Douglas Stone, Bruce Patton, & Sheila Heen

The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate
by Harriet Lerner

Rebuilding: When your relationship ends
by Bruce Fisher

It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce (Lansky, Vicki)
by Vicki Lansky

Was It the Chocolate Pudding?: A Story for Little Kids about Divorce
by Sandra Levins & Bryan Langdo

The Divorce Helpbook for Teens
by Cynthia MacGregor

How to Get it Together When Your Parents are Coming Apart
by Arlene Kramer Richards

The Boys and Girls Book About Divorce
by Richard Gardner

My Parents Still Love Me Even Though They Are Getting Divorced
by Lois Nightingale

The Secrets to Step-Family Success: Revolutionary Tools to Create a Blended Family of Support and Respect
by Gloria Lintermans

Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't
by Patricia L. Papernow

Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family
by Susan Wisdom

Step-Families
by Dr. James H. Bray and John Kelly