

RESOURCES – THE DIVORCE TRANSITION

Relationship Issues

Why Marriages Succeed or Fail by John Gottman – An excellent diagnostic tool to determine whether a marriage is salvageable based on 25 years of research of married couples

The Good Marriage by Judith Wallerstein and Sandra Blakeslee – the authors intensively interviewed couples in which both spouses felt they had experienced a good and healthy marriage. The authors extrapolate the essential elements of a good marriage

The Love They Lost, Living With the Legacy of Our Parents' Divorce,
Stephanie Staal (Random House, 2000)

We're Still Friends, What Grown Children Have to Say About Their Parents' Divorce
Constance Ahrons, Ph.D. (HarperCollins Publishers, 2004)

Drafting Parenting Plans

See the excellent Parenting Plans Guide drafted by the Statewide Family Law Advisory Committee of the Oregon Judicial Department. (Bill Howe, a Gevurtz, Menashe partner, served as Vice Chair of the Committee). This guide is available through the OJD web site, www.ojd.state.or.us/familylaw/home.nsf/index.htm (or click on this link).

Between Love & Hate, A Guide to Civilized Divorce
Lois Gold, M.S.W. (Plenum Press 1992)

Crazy Time Surviving Divorce
Abigail Trafford (Bantam Books 1982)

Creative Divorce
Mel Krantzler (Evans and Company, Inc. 1982)

The Good Divorce, Keeping Your Family Together When Your Marriage Comes Apart
Constance Ahrons, Ph.D. (Harper-Collins 1994)

Healing Hearts
Elizabeth Dalton Hickey (Gold Leaf Press 1994)

Life After Divorce, Create a New Beginning
Sharon Wegscheider-Cruse (Health Communications, Inc. 1994)

Living Through Your Divorce
Earl Grollman and Marjorie Sams (Beacon Press 1978)

Marital Separation
Robert S. Weiss (Basic Books, Inc. 1975)

Prenups for Lovers, a Romantic Guide to Prenuptial Agreements
Arlene G. Dubin (Random House 2001)

Surviving the Breakup, How Children and Parents Cope with Divorce
Judith Wallerstein (Basic Books Publishers 1980)

The Unexpected Legacy of Divorce, a 25 Year Landmark Study
Judith Wallerstein, Julia Lewis and Sandra Blakeslee (Hyperion Publisher 2000)

Untying the Knot
Janine M. Bernard and Harold Hacknet (Winston Press 1983)

Your Divorce Advisor
Diana Mercer, J.D. and Marsha Kline Pruett, Ph.D., M.S.L. (Simon & Schuster 2001)

Parenting Children of Divorce and Custody Issues

Video – Children: The Experts on Divorce by Elizabeth Hickey, MSW. – This video is a masterpiece. Through the lips of children, parents experience, in a very powerful way, the horrible pain and cost of conflict between them on their children. This video should be essential viewing for any parent in the process of divorce.

Dealing with Loss: A Guidebook for Helping Your Children During and After Divorce by Herman Frankel, M.D.

The Child Custody Book, How to Protect Your Children and Win Your Case

(Impact Publishers, 2000) Judge James W. Stewart

Joint Custody and Shared Parenting,

(The Guilford Press, 1991) Jay Folberg

Co-Parenting: Sharing Your Child Equally

Miriam Galper (Running Press 1978)

The Custody Handbook

Persia Woolley (Summit Books)

Divorce Book For Parents

Vicki Lansky (New American Library 1989)

Families Apart, Ten Keys to Successful Co-Parenting

Melinda Blau (The Berkley Publishing Company 1993)

Growing Up With Divorce

Linda Bird Francke (Simon and Schuster 1983)

Growing Up With Divorce

Neil Kalter (The Free Press 1990)

Helping Your Child Succeed After Divorce

Florence Bienenfeld (Hunter House 1987)

Joint Custody with a Jerk

Julie Ross and Judy Corcoran (St. Martin's Press 1996)

Long Distance Parenting: A Guide for Divorced Parents

Miriam Galper Cohen (NAL 1989)

Mom's House, Dad's House: Making Shared Custody Work

Isolina Ricci (MacMillan and Co. 1981)

For Better or For Worse

by E. Mavis Heatherington and John Kelly

101 Ways To Be A Long Distance Super Dad

George Newman (Blossom Valley Press 1981)

The Parents Book About Divorce

Richard Gardner (Bantam 1977)

Putting Kids First, Walking Away from a Marriage Without Walking Over the Kids

Michael L. Oddenino (Family Connections Publishing 1995)

Any articles and books from

Robert Emery, Ph.D.

Second Chances

Judith S. Wallerstein and Sandra Blackslee (Ticknor and Fields 1989)

Shared Parenthood After Divorce

Ciji Ware (Viking 1982)

Surviving The Break-Up: How Children and Parents Cope With Divorce

Judith S. Wallerstein and Joan B. Kelley (Basic Books, Inc. 1980)

Single Parenting, Remarriage, and Step-Parenting

The Future of Love

Daphne Rose Kingma (Doubleday Press 1998)

Going It Alone

Robert Weiss (Basic Books, Inc. 1979)

How To Win As A Step-Family

John Visher and Emily Visher (W.W. Norton 1982)

The Relationship Cure: The Five Step Guide to Building Better Connections with Family, Friends and Lovers

John Gottman

Are You the One for Me?

Barbara DeAngelis, Ph.D.

Second Marriage

Richard B. Stuart and Barbara Johnson

Life After Divorce

Sharon Wegscheider-Cruse (Health Communications, Inc. 1994)

Making It As a Step-Parent

Claire Berman (Bantam Books 1980)

Remarriage: A Family Affair

Lillian Messinger (Plenum Press 1984)

The Seven Principles for Making Marriage Work

John M. Gottman, Ph.D. (Three Rivers Press, 1999)

Step-Families: Living, Loving, and Learning

Elizabeth Ginskin (MacMillan 1982)

Step-motherhood: How to Survive Without Feeling Frustrated, Left-Out, or Wicked

Cherie Burns (Times Books 1985)

Management of Parenting Issues in High Conflict or Violent Relationships

In the Name of the Child by Janet Johnston, Ph.D. and Vivienne Roseby, Ph.D.

Mediation

Child Custody Mediation

Florence Bienenfeld (Science and Behavior Books 1983)

Getting Together

Roger Fisher and Scott Brown (Penguin Books 1988)

Getting To Yes

Roger Fisher and William Ury (Penguin Books 1981)

Mediation

Jay Folberg and Allison Taylor (Jossey-Bass 1988)

Mediation

Jay Folberg and Ann Milne (editors) (Guilford Press 1988)

Websites on Divorce for Children

Where Am I Today? Sticker Calendar

A children-friendly calendar with stickers to help with visitation schedules, available for purchase at <http://www.whereamitoday.net/pamfam.html>.

Books on Divorce for Children: Pre-School and Early Elementary (Ages 3-7)

Through the Eyes of the Children, Healing Stories for Children of Divorce

(The Free Press, 1997) Janet R. Johnston, Ph.D., Karen Breunig, M.S., Carla Garrity, Ph.D., Mitchell Baris, Ph.D.

The Dinosaur's Divorce

L. and M. Brown (Little, Brown 1988)

Divorce is a Grown Up Problem

Janet Sinberg (Avon Books 1978)

Divorce is ... A Kid's Coloring Book

K. Magid and W. Schreibman (Pelican Publishing Co. 1980)

I Love You More Than ...

Elizabeth Hickey and James Cohen (Family Connections Publishing 1998)

It's Not Your Fault, Koko Bear

Vicki Lansky (Book Peddlers 1998)

My Parents Still Love Me Even Though They're Getting Divorced

Lois V. Nightingale, Ph.D. (Nightingale Rose Publishers 1997)

Two Homes To Live In: A Child's Eye View of Divorce

Barbara Hazen (Human Sciences Press (1978)

Where is Daddy? The Story of A Divorce

Beth Goff (Beacon 1969)

Books on Divorce for Children: Middle and Later Elementary (Ages 8-12)

The Boys and Girls Book About Divorce

Richard Gardner (Bantam 1970)

Divorce Can Happen to the Nicest People

Peter Mayle (Macmillan 1979)

How Does It Feel When Your Parents Get Divorced

Terry Berger (Messner 1976)

It's Not The End of the World

Judy Blume (Bradbury 1972)

Mr. Rogers Talks With Families About Divorce

Fred Rogers and Claire O'Brien (Berkley Press 1988)

Now I Have a Step-Parent and It's Kind of Confusing

Janet Sinberg Stenson (Avon Books 1979)

Books on Divorce for Children: Adolescents (Ages 13+)

Why Did You Have to Get a Divorce and When Can I get a Hamster? A Guide to Parenting Through Divorce

(Farrar, Straus and Giroux, 1998) Anthony E. Wolf, Ph.D.

Breaking Up

Norma Klein (Avon 1980)

Coping When Your Family Falls Apart

Dianna Booher (Messner 1979)

The Day The Loving Stopped

Julie List (Seaview Books 1980)

How It Feels When Parents Divorce

Jill Krementz (Alfred A. Knopf 1984)

How To Get It Together When Your Parents Divorce

Arlene Richards and Irene Willis (Bantam Books 1976)

My Parents Are Divorced, Too

Bonnie Robson (Dorset Publishing 1979)