

Growing Through Separation & Divorce: A Selection of Books for Families in Transition*

Separation and divorce are one of the most difficult challenges that any family can face. It is a painful time, and many families need help in coping with the changes divorce brings. Below are books that many people have found helpful when dealing with separation and divorce. Though the booklist is not extensive, it may be helpful to families facing this crisis.

Understanding Divorce: For Men & Women

- Bennett, Madeline (1991). Sudden Endings: Why Husbands, Wives, and Lovers Walk Out on Long, Loving Relationships.
- Berry, Dawn Bradley (1995). The Divorce Sourcebook: Everything You Need to Know.
- Burns, Bob, & Whiteman, Tom (1998 rev). The Fresh Start Divorce Recovery Workbook: A Step-by-Step Program for Those Who Are Divorced or Separated.
- Fisher, Bruce (1992 rev). Rebuilding When Your Relationship Ends.
- Goldstern, Susan T., & Colb, Valerie (1999). The Smart Divorce: A Practical Guide to the 200 Things You Must Know.
- Kingma, Daphne Rose (1987). Coming Apart.
- Trafford, Abigail (1992). Crazy Time.
- Walther, Anne N. (1991). Divorce Hangover: A Step-by-Step Prescription for Creating a Bright New Future After Your Marriage Ends.

Legal and Financial Issues

- Briles, Judith (1998). The Dollars and Sense of Divorce.
- Engel, Marjorie L., & Gould, Diana D. (1992). The Divorce Decisions Workbook: A Planning and Action Guide.
- Margolis, Ann (1992). Getting Divorced Without Ruining Your Life.
- Neumann, Diane (1998). Divorce Mediation: How to Cut the Cost and Stress of Divorce.
- Schneider, Karen L., & Schneider, Myles J. (1984). Divorce Mediation: The Constructive Way to End a Marriage.
- Wannamaker, Catherine A. (1993). A Practical Guide to Divorce: What You Should Know Before, During, and After.

- Wilson, Carol Ann, & Schilling III, Edward (1990). The Survival Manual for Women in Divorce.
- Woodhouse, Violet P., & Collins, Victoria F. (1993). Divorce and Money: How to Make the Best Financial Decisions During Divorce.

Families and Parenting

- Adler, Robert (1988). Sharing the Children: How to Resolve Custody Problems and Get on With Your Life.
- Bienenfeld, Florence (1995). Helping Your Child Through Divorce.
- Blau, Melinda (1993). Families Apart: Ten Keys to Successful Co-Parenting.
- Clapp, Genevieve (1992). Divorce and New Beginnings.
- Gaugan, Elizabeth, & Urbanski, Michael (1991). Living with Divorce: Activities to Help Kids Cope.
- Johnson, Laurene, & Rosenfeld, Georglyn (1990). Divorced Kids: What You Need to Know to Help Kids Cope.
- Kalter, Neil (1990). Growing Up With Divorce: Helping Your Child Avoid Immediate and Later Emotional Problems.
- Lanski, Vicki (1996 rev). Divorce Book for Parents: Helping Your Children Cope with Divorce and Its Aftermath.
- Levine, Beth (1995). Divorce: Young People Caught in the Middle.
- Lewis, Jennifer M., & Sammons, William (1999). Don't Divorce Your Children.
- Pogue, Carolyn (1990). Part-time Parent: Learning to Live Without Fulltime Custody.
- Ricci, Isolina (1997 rev). Mom's House, Dad's House: Making Shared Custody Work.
- Rogers, Fred (1987). Mr. Rogers Talks with Families About Divorce.
- Ross, Julie A., & Corcoran, Judy (1996). Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex.
- Thomas, Shirley (1995). Parents are Forever: A Step-by-Step Guide to Becoming Successful Co-Parents After Divorce.
- Virtue, Doreen (1988). My Kids Don't Live With Me Anymore: Coping with the Custody Crisis.

- Weyburne, Darlene (1999). What to Tell the Kids About Your Divorce.
- Wolf, Anthony E. (1998). “Why Did You Have to Get a Divorce? And WHEN Can I Get a Hamster?”

Especially for Women

- Conway, Jim & Sally (1983). Women in Midlife Crisis.
- O’Gorman, Patricia (1994). Dancing Backward in High Heels: How Women Master the Art of Resilience.
- Robertson, Christina (1988). A Woman’s Guide to Divorce and Decision-Making.
- Sugarbaker, Geneva (1992). Nice Women Get Divorced: The Conflicts and Challenges for Traditional Women.
- Triere, Lynette (1982). Learning to Leave: A Woman’s Guide.
- Williamson, Marianne (1993). A Woman’s Worth.

Especially for Men

- Brott, Armin A. (1999). The Single Father: A Dad’s Guide to Parenting Without a Partner.
- Feuer, Jack (1997). Good Men: A Practical Handbook for Divorced Dads.
- Klatte, William C. (1999). Live-Away Dads: Staying a Part of Your Children’s Lives When They Aren’t a Part of Your Home.
- Reed, Bobbie (1993). Be a Great Divorced Dad: Life After Divorce
- Wymard, Ellie (1994). Men on Divorce: Conversations With Ex-Husbands.

Books for Younger Children

- Brown, Laurene Krasny, & Brown, Marc. Dinosaurs Divorce: A Guide for Changing Families.
- Boegehold, Betty. Daddy Doesn’t Live Here Anymore.
- Caseley, Judith. Priscilla Twice.
- Field, Mary Blitzer, & Shore, Henny. My Life Turned Upside Down, But I Turned It Rightside Up.
- Hazen, Barbara Shook. Two Homes to Live In: A Child’s Eye View of Divorce.

- Mayle, Peter. Why Are We Getting a Divorce?
- Osman, Trudy. Where Has Daddy Gone?
- Prokop, Michael S. Divorce Happens to the Nicest Kids.
- Rogers, Fred. Let's Talk About Divorce.
- Stein, Sara Bonnett. On Divorce.
- Super, Gretchen. What Kind of Family Do You Have?
- Tangvald, Christine Harder. Mom and Dad Don't Live Together Anymore.
- Thomas, Pat. My Family's Changing: A First Look at a Family Breakup.
- Watson, Jane Werner, & Switzer, Robert E. Sometimes a Family Has to Split Up.

Books for Older Children

- Berry, Joy. Good Answers to Tough Questions About Divorce.
- Blume, Judy. Letters to Judy.
- Christopher, Matt. The Comeback Challenge.
- Danziger, Paula. The Divorce Express.
- Dolmetsch, Paul, & Shih, Alexa, Eds. The Kids' Book About Single-Parent Families.
- Kimball, Gayle. How to Survive Your Parents' Divorce.
- Robinson, Lee. Gateway.
- Shreve, Susan. The Formerly Great Alexander Family.
- Wyeth, Sharon. Ginger Brown: Too Many Houses.

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