

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 (1992). Sudden Endings: Why Husbands, Wives, and Lovers Walk Out on Long, Loving Relationships.
- Berry, Dawn Bradley (2006). The Divorce Sourcebook: Everything You Need to Know.
- Burns, Bob, & Whiteman, Tom (2005). The Fresh Start Divorce Recovery Workbook: A Step-by-Step Program for Those Who Are Divorced or Separated.
- Fisher, Bruce (2005, 3rd Ed). 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 (2000). Coming Apart.
- Trafford, Abigail (1992). Crazy Time.
- Vaughan, Diane (1990). Uncoupling: Turning Points in Intimate Relationships.
- Walther, Anne N. (2000). Divorce Hangover: A Successful Strategy to End the Emotional Aftermath of Divorce.

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.
- Friedman, Gary J. (1993). A Guide To Divorce Mediation: How to Reach a Fair, Legal Settlement at a Fraction of the Cost.
- Margulies, Same (2001). Getting Divorced Without Ruining Your Life.
- Neumann, Diane (1989). Divorce Mediation: How to Cut the Cost and Stress of Divorce.

- Virk, Rachel L. (2009). The Four Ways of Divorce: A Concise Guide to What You Need to Know About Divorce Using Litigation, Negotiation, Collaboration, and Mediation.
- Wannamaker, Catherine A. (1995). A Practical Guide to Divorce: What You Should Know Before, During, and After.
- Wilson, Carol Ann, & Schilling III, Edward (2000). The Survival Manual for Women in Divorce.
- Woodhouse, Violet P., & Collins, Victoria F. (2009). Divorce and Money: How to Make the Best Financial Decisions During Divorce.

Families and Parenting

- Adler, Robert (2001). Sharing the Children: How to Resolve Custody Problems and Get on With Your Life.
- Bienenfeld, Florence (1995). Helping Your Child Through Divorce.
- Clapp, Genevieve (2000). Divorce and New Beginnings.
- Gaugan, Elizabeth, & Urbanski, Michael (1991). Living with Divorce: Activities to Help Children Cope with Difficult Situations for Primary Grades.
- Hannibal, Mary Ellen (2006). Good Parenting Through Your Divorce.
- Johnson, Laurene, & Rosenfeld, Georglyn (1990). Divorced Kids: What You Need to Know to Help Children Survive a Divorce.
- Kalter, Neil (2005). 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.
- Ricci, Isolina (1997 rev). Mom's House, Dad's House: Making Two Homes for Your Child.
- Rogers, Fred (1994). 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 (2004). Parents are Forever: A Step-by-Step Guide to Becoming Successful Co-Parents After Divorce.
- 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 (1998). Women in Midlife Crisis.
- O’Gorman, Patricia (1994). Dancing Backwards in High Heels: How Women Master the Art of Resilience.
- Sugarbaker, Geneva (1996). Nice Women Get Divorced: The Conflicts and Challenges for Traditional Women.
- Triere, Lynette (1993). Learning to Leave: A Woman’s Guide.
- Williamson, Marianne (1994). A Woman’s Worth.
- Wilson, Karen Kahn (2003). Transformational Divorce.

Especially for Men

- Brott, Armin A. (1999). The Single Father: A Dad’s Guide to Parenting Without a Partner.
- Condrell, Kenneth N., & Small, Linda L. (1997). Be a Great Divorced Dad.
- Kaganoff, Penny, & Spano, Susan (1997). Men On Divorce: The Other Side of the Story.
- Klatte, William C. (1999). Live-Away Dads: Staying a Part of Your Children’s Lives When They Aren’t a Part of Your Home.

Books for Younger Children

- Brown, Laurene Krasny, & Brown, Marc (1986). Dinosaurs Divorce: A Guide for Changing Families.
- Boegehold, Betty (1985). Daddy Doesn’t Live Here Anymore.
- Caseley, Judith (1995). Priscilla Twice.
- Field, Mary Blitzer, & Shore, Henny (1994). My Life Turned Upside Down, But I Turned It Rightside Up.

- Hazen, Barbara Shook (1983). Two Homes to Live In: A Child's Eye View of Divorce.
- Mayle, Peter (1988). Why Are We Getting a Divorce?
- Osman, Trudy (1994). Where Has Daddy Gone?
- Prokop, Michael S. (1996). Divorce Happens to the Nicest Kids.
- Ricci, Isolina (2006). Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two.
- Rogers, Fred (1998). Let's Talk About It: Divorce.
- Super, Gretchen (1991). What Kind of Family Do You Have?
- Stinson, Kathy, & Oelofson (2007). Mom and Dad Don't Live Together Anymore.
- Watson, Jane Werner, & Switzer, Robert E. (1988). Sometimes a Family Has to Split Up.

Books for Older Children

- Berry, Joy (2008). Good Answers to Tough Questions About Divorce.
- Blume, Judy (1987). Letters to Judy.
- Danziger, Paula (2007). The Divorce Express.
- Dolmetsch, Paul, & Shih, Alexa, Eds. (1985). The Kids' Book About Single-Parent Families.
- Kimball, Gayle (1994). How to Survive Your Parents' Divorce.
- MacGregor, Cynthia (2004). The Divorce Helpbook for Teens.
- Robinson, Lee (1996). Gateway.
- Shreve, Susan (1995). The Formerly Great Alexander Family.
- Trueit, Trudi Strain (2007). Surviving Divorce: Teens Talk About What Hurts and What Helps.
- Wyeth, Sharon (1996). Ginger Brown: Too Many Houses.

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