

Daughters Of Divorce Overcome The Legacy Of Your Parents Breakup And Enjoy A Happy Long Lasting Relationship

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In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to:

~~Daughters of Divorce: Overcome the Legacy of Your Parents ...~~

Daughters of Divorce by Terry Gaspard, Tracy Clifford is a recommended self-help book. Written by a mother/daughter team who have both been daughters of divorced parents, Daughters of Divorce is focused on helping women who are from a family effected by divorce to overcome their background and establish healthy, long-lasting relationships as adults.

~~Daughters of Divorce: Overcome the Legacy of Your Parents ...~~

This book is about how you, a daughter of divorce, can learn to overcome the legacy of divorce and move forward to enjoy rewarding relationships built on love, trust, and intimacy. Each chapter describes a central theme and skill that are essential to achieving this and includes practical steps to go about it.

~~Amazon.com: Daughters of Divorce: Overcome the Legacy of ...~~

Terry Gaspard, MSW, LICSW is a licensed therapist, non-fiction author, and college instructor who specializes in divorce, children, and relationships. Terry and her daughter Tracy's book "Daughters of Divorce" was published by Sourcebooks in January of 2016. It is available for order here.

~~12 Lessons Daughters Learn from Their Parents' Divorce~~

Daughters of Divorce : Overcome the Legacy of Your Parents' Breakup and Enjoy a Happy, Long-Lasting Relationship, Paperback by Gaspard, Terry; Clifford, Tracy, ISBN 1492620653, ISBN-13 9781492620655, Brand New, Free shipping in the US Draws on studies and interviews to help adult women who are children of divorced parents overcome the legacy of divorce and build happy, long-lasting relationships.

~~Daughters of Divorce : Overcome the Legacy of Your Parents ...~~

Daughters of Divorce: Overcome the Legacy of Your Parents' Breakup and Enjoy a Happy, Long-lasting Relationship By Terry Gaspard, MSW, LICSW and Tracy Clifford Are you a daughter of divorce ?

~~Daughters of Divorce: Overcome the Legacy of Your Parents ...~~

Their working premise is that many daughters of divorce suffering from extremes in self-reliance, find relief by learning to trust in people, even when such a course leads them to become more vulnerable.

~~Amazon.com: Customer reviews: Daughters of Divorce ...~~

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He and I had been an obvious mismatch from the start. Years of conflict and pain made the final decree that it was over seem like a relief as we had known the end was inevitable. Still, the divorce had been difficult and life-changing. Rebuilding a new life after divorce. Starting over alone in a new place with pre-teen daughters was not easy.

~~Overcoming Divorce Devastation and Becoming Empowered~~

Further, a study by Joan B. Kelly and Robert E. Emery shows that children of divorce who spend engaged time with both parents are more likely to have better psychological and behavioral adjustment, and enhanced academic performance. Adolescents are greatly impacted by change and may grasp for control in dramatic ways.

~~7 Ways To Help Your Teenager Cope With Divorce Part 1~~

Children with divorced parents have experienced a different kind of violent, traumatic collision. And every child of divorce must likewise walk a path of healing.

~~To the Sons and Daughters of Divorce | Desiring God~~

The following lessons were derived from my own experience and conversations with over 300 women I interviewed for my book Daughters of Divorce. 12 Lessons Daughters Learn from Divorce: 1. Revisiting the past as an adult can help you heal. In order to overcome the legacy of your parents' breakup, it's essential for you to get a more balanced, realistic view of your parents' divorce. Many women in my study discovered that a lot of their assumptions about the cause of their parents ...

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clifford sourcebooks 1699 trade paperback 320p isbn this book is about how you a daughter of divorce can learn to overcome the legacy of divorce and move forward to enjoy rewarding relationships written by a mother daughter team who have both been daughters of divorced parents daughters of divorce is focused on helping women who

Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted by her parents' divorce. Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to: • Examine your parents' breakup from an adult perspective • Heal the wounds of the past • Recognize destructive dynamics in intimate relationships and take steps to change them • Trust yourself and others by embracing vulnerability • Create strong partnerships with their proven Seven Steps to a Successful Relationship • Break the divorce legacy once and for all!

If your parents divorced when you were young, you were probably affected by the breakdown of their marriage. Divided loyalties, secrets kept from the other parent, one life lived in two separate houses--these may have been par for the course. With this guide, you will learn that the effects of the divorce are not permanently harmful. Find out how to forgive your parents, discover new ways to enrich your own relationships and learn that there are alternative realities available. Divorce experts and psychologists Jeffrey Zimmerman, Ph.D., and Elizabeth S. Thayer Ph.D., show you how to recognize how your parents' divorce influenced your life, resulting in disruptions such as relationship failures due to financial reasons, difficulties with commitment, and repeated situations that "just don't seem to work out." They provide techniques to help you understand and overcome these and other issues common to adult children of divorced parents. Zimmerman and Thayer focus on helping you learn how to build self-esteem, become resilient, establish healthy boundaries, communicate clearly, open up to trust, show love, believe in commitment and deal with vulnerable feelings.

Just because your parents marriage failed doesnt mean yours will. But it helps to know what youre up against and to get some encouragement from people who have been there. In Adult Children of Divorced Parents, family therapists Beverly and Tom Rodgers share their own experience growing up in divorced families and how they found success in their own marriage. They also provide some proven exercised that can help you heal from four major wounds relating to trust, fear, insecurity and the lack of a mentor and move on toward a successful marriage of your own. I highly endorse both the speaking and writing of Beverly and Tom Rodgers. -Dr. Les Parrott, author or Saving Your Marriage Before It Starts

Adult children are often overlooked and forgotten when their parents divorce later in life, but in these pages they will find comfort and understanding for the many feelings, frustrations, and challenges they face. For more than two decades, a silent revolution has been occurring and creating a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and its effects are being felt across three to four generations: more couples are divorcing later in life. Called the "gray divorce revolution," the cultural phenomenon describes couples who divorce after the age of 50. Overlooked in the issues that affect couples divorcing later in in life are the adult children of divorcing parents. Their voices open this book, and they are the voices of men and women, 18 to 50 years old. Some of them are single; some are married. Some have children of their own. All of them are in different stages of shock, fear, and sudden, dramatic change. In Home Will Never Be the Same: A Guide for Adult Children of Gray Divorce, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them. As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to those who claim that "children are resilient" and "children are happy when their parents are happy"? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.

Counsels adult children of divorced parents on five key steps for building and maintaining strong relationships, covering topics such as learning healthy lessons from a parent's negative examples and addressing commitment fears.

Available again from Karen Sandvig

A recognized authority on youth ministry explores from a theological and spiritual standpoint the baffling sense of loss of self experienced by children of divorce.

Growing up in a divorced family leads to a variety of difficulties for adult offspring in their own partnerships. One of the best known and most powerful is the divorce cycle, the transmission of divorce from one generation to the next. This book examines how the divorce cycle has transformed family life in contemporary America by drawing on two national data sets. Compared to people from intact families, the children of divorce are more likely to marry as teenagers, but less likely to wed overall, more likely to marry people from divorced families, more likely to dissolve second and third marriages, and less likely to marry their live-in partners. Yet some of the adverse consequences of parental divorce have abated even as divorce itself proliferated and became more socially accepted. Taken together, these findings show how parental divorce is a strong force in people's lives and society as a whole.

When parents divorce, the children usually grow up with emotional wounds which remain with them even as adults. Healing Adult Children of Divorce examines the long-term effects of this traumatic event and puts readers on the road to healing.

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