



Divorce and New Beginnings: A Complete Guide to Recovery, Solo Parenting, Co-Parenting, and Stepfamilies

Genevieve Clapp

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A timely revision of a compassionate guide to the practical and emotional aspects of divorce

The first edition of Divorce and New Beginnings helped countless men and women emerge from ruptured relationships and build new lives. Enriched with new insights uncovered by researchers and in the author's work with over 2,000 families, this sensitive guidebook provides a wealth of proven coping skills to help you weather the difficult times and eventually build new beginnings--for yourself and, if you have them, your children.

Genevieve Clapp is with you every step of the way as you deal with and recover from your divorce, addressing your daily problems and long-term concerns with a real-world practicality. Utilizing numerous case studies and coping tools, Clapp provides you with a road map of what lies ahead, including tips on navigating problematic situations such as choosing a lawyer and dealing with anger and anxiety. Geared directly to your specific needs, Divorce and New Beginnings will help you nurture healthy, committed relationships and successful stepfamilies, protect your children, and build a rewarding new life.

- * Includes updated information on co-parenting and new romantic relationships
- * Offers hundreds of practical suggestions and effective coping strategies based on the findings and collective insights of experts
- * Features a strong focus on children and divorce, with a step-by-step guide on fostering their long-term adjustment

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