



Moving Beyond your Parents' Divorce

Mel Krantzler, Patricia Krantzler

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From the bestselling author of *Creative Divorce*, a refreshingly positive guide for adult children of divorced parents

The potential harmful effects of parental divorce on children have been covered repeatedly in the media. No wonder that many of the 30 million children whose parents have divorced since 1979 feel stigmatized.

Moving Beyond Your Parents' Divorce is a groundbreaking book that presents readers with the tools to use their parents' divorce as learning experiences to improve their own lives rather than repeating their parents' mistakes.

Drawing from their extensive experience working with thousands of adult children of divorce, the authors detail eight essential guidelines for:

- Building emotional resilience
- Developing healthy relationships
- Creating a stable family
- Healing relationships with parents

Step-by-step, readers will learn how to move beyond victimhood and create a new sense of achievement and motivation.

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