

RECOMMENDED READING

This list does not pretend to be complete but does hope to suggest the best literature currently available.

FIRST PERSON SINGULAR, Stephen M. Johnson, Ph.D. (1977). *Yes, it's old, but it's still good.*

LIFE LESSONS: 50 THINGS I LEARNED FROM MY DIVORCE, Beth Joselow (1994). *Wise & practical advice, succinctly stated, directed to women but applies to anyone.*

DIVORCE & NEW BEGINNINGS, Genevieve Clapp, Ph.D. (1992). *Detailed & practical guide from beginning to end of the separation/divorce process, including the latest research, emotional reactions, building a new single life, parenting & stepfamilies.*

ANSWERS: A DIVORCE/SEPARATION SURVIVAL HANDBOOK, Divorce Support Services, Inc. (1991). *Emphasis on the legal aspects, plus parenting & remarriage.*

SCENES FROM A DIVORCE, Neil Paylor & Barry Head (1983). *For friends & relatives.*

CRAZY TIME, Abigail Trafford (1982). *Based on personal experience & interviews.*

HOW TO BREAK YOUR ADDICTION TO A PERSON, Howard M. Halpern, Ph.D. (1982). *When & why love doesn't work.*

REBUILDING WHEN YOUR RELATIONSHIP ENDS, Bruce Fisher (1981). *Stages of recovery for you & your children--another must-read!*

LIVING ALONE & LIKING IT, Lynn Shahan (1981). *Practical advice for taking care of yourself.*

THE DIVORCED WOMAN'S HANDBOOK, Jane Wilkie (1980). *Name changes, credit, insurance & more.*

SINGLE AFTER 50, Adeline McConnell & Beverly Anderson (1978). *Life is not over!*

LIVING & LOVING AFTER DIVORCE, Catherine Napolitano & Victoria Pellegrino (1977). *Directed to women; also by Ms. Pellegrino & Helen De Rosis, THE BOOK OF HOPE (1976), about depression.*

GROWING THROUGH DIVORCE, Jim Smoke (1976). *From a Christian perspective.*

HOW TO SURVIVE THE LOSS OF A LOVE, Melba Colgrove, Ph.D., Harold Bloomfield, M.D., & Peter McWilliams (1976). *A short book to cry with.*

MARITAL SEPARATION, Robert Weiss (1975). *Excellent overview of all you can expect to experience, with many quotes from others who've been there; also GOING IT ALONE (1979).*

LEGAL

HOW TO GET A DIVORCE, Richard Granat (1994). *Practical handbook for DC, MD & VA residents; includes sample forms.*

THE DIVORCE HANDBOOK, James T. Friedman (1982). *Concise, expert answers to 225 questions.*

CONSULTATION WITH A DIVORCE LAWYER, Bernard E. Clair & Anthony R. Daniele (1982). *Detailed guide to settlement & prospective post-divorce problems.*

HOW TO WIN CUSTODY, Louis Kiefer, J.D. (1982). *Tips on building & negotiating your case.*

HOW TO HANDLE YOUR DIVORCE, Harold Mitnick (1981). *Step-by-step advice, settling vs. fighting.*

THE CUSTODY HANDBOOK, Persia Woolley (1979). *Comprehensive survey plus worksheets.*

PERSONAL GROWTH

IRON JOHN, Robert Bly (1990). *What it means to be a man.*

HOMECOMING, John Bradshaw (1990). *Reclaiming & championing your inner child; also CREATING LOVE (1992).*

THE NEW PEOPLEMAKING, Virginia Satir (1988). *Revision of the 1972 classic which examines the family from a therapist's perspective; includes numerous exercises & an understanding of single parent & blended families.*

NECESSARY LOSSES, Judith Viorst (1986). *The loves, illusions, dependencies & impossible expectations that all of us must give up in order to grow.*

WOMEN WHO LOVE TOO MUCH, Robin Norwood (1985). *How childhood patterns of relating lead to unhealthy, addictive relationships in adulthood; includes specific program for recovery.*

ANGER, Carol Tavris (1982). *New concepts about how it affects our lives.*

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE, Harold S. Kushner (1981). *Sometimes there is no reason.*

THE PSYCHOLOGY OF ROMANTIC LOVE, Nathaniel Branden (1980). *Why it grows & why it dies.*

THE ROAD LESS TRAVELED, M. Scott Peck, M.D. (1978). *A must-read!*

WHOEVER SAID LIFE IS FAIR?, Sara Kay Cohen (1977). *Guide to growing through life's injustices.*

IF YOU MEET THE BUDDHA ON THE ROAD, KILL HIM!, Sheldon B. Kopp (1972). *Another must-read!*

RELATIONSHIPS

NEGOTIATING LOVE, Riki Robbins Jones, Ph.D. (1995). *Essential communication skills for men & women to resolve their differences.*

MEN ARE FROM MARS, WOMEN ARE FROM VENUS, John Gray, Ph.D. (1992). *How to counteract differences in communication styles, emotional needs & modes of behavior.*

KEEPING THE LOVE YOU FIND, Harville Hendrix, Ph.D. (1992). *Break past patterns, & learn to achieve lasting love.*

GREAT CONNECTIONS: SMALL TALK & NETWORKING FOR BUSINESSPEOPLE, Anne Baber & Lynn Waymon (1991). *Use these techniques in any social situation.*

RELATIONSHIPS (cont'd)

- YOU JUST DON'T UNDERSTAND: WOMEN & MEN IN CONVERSATION**, Deborah Tannen, Ph.D. (1990). *Understanding differences in communication styles can improve our relationships.*
- THE DANCE OF INTIMACY**, Harriet Goldhor Lerner, Ph.D. (1989). *Woman's guide to courageous acts of change in key relationships; also THE DANCE OF ANGER* (1985).
- A FINE ROMANCE**, Judith Sills (1987). *The stages of courtship, from meeting to marriage.*
- SMART WOMEN/FOOLISH CHOICES**, Dr. Connell Cowan & Dr. Melvyn Kinder (1985). *How to find the right men & avoid the wrong ones.*
- DO I HAVE TO GIVE UP ME TO BE LOVED BY YOU?**, Jordan Paul, Ph.D. & Margaret Paul, Ph.D. (1983). *Working through conflict to bring intimacy instead of emotional distance.*
- MAKING PEACE WITH YOUR PARENTS**, Harold Bloomfield, M.D. & Leonard Felder, Ph.D. (1983). *Coming to terms with your most fundamental relationship can enrich all others.*
- THE INNER MALE**, Herb Goldberg (1987). *Overcoming roadblocks to intimacy; also THE NEW MALE FEMALE RELATIONSHIP* (1983), **THE NEW MALE** (1979) and **THE HAZARDS OF BEING MALE** (1976).
- INTIMATE STRANGERS**, Lillian B. Rubin (1983). *Men & women & intimacy.*
- STRAIGHT TALK**, Sherod Miller, Ph.D., Daniel Wackman, Ph.D., Elam Nunnally, Ph.D. & Carol Saline (1981). *Get closer to others by saying what you really mean.*
- GAMES DIVORCED PEOPLE PLAY**, Dr. Melvyn A. Berke & Joanne B. Grant (1981). *Common struggles with our exes, kids, new friends & lovers.*
- BRIEF ENCOUNTERS**, Emily Coleman & Betty Edwards (1980). *Quality--with or without forever.*
- THE DANCE-AWAY LOVER**, Daniel Goldstine, Katherine Lerner, Shirley Zuckerman & Hilary Goldstine (1977). *Roles we play in love, sex & marriage.*
- LEARNING TO LOVE AGAIN**, Mel Krantzler (1977). *Guidelines toward a new, creative commitment after divorce; also CREATIVE DIVORCE* (1973).
- CONTACT: THE FIRST FOUR MINUTES**, Leonard Zunin, M.D. (1972). *Make first impressions work.*
- PAIRING**, Dr. George R. Bach & Ronald M. Deutsch (1970). *A process for achieving genuine intimacy; also by Dr. Bach, CREATIVE AGGRESSION* (1974) and **THE INTIMATE ENEMY** (1968).

PARENTING

- THE DIVORCED PARENT**, Stephanie Marston (1994). *Success strategies for raising well-adjusted children in a divorced family.*
- VICKI LANSKY'S DIVORCE BOOK FOR PARENTS**, Vicki Lansky (1989). *Comprehensive & practical guide for helping your children cope with divorce & its aftermath.*
- MY KIDS DON'T LIVE WITH ME ANYMORE**, Doreen Virtue (1988). *For noncustodial moms and dads.*
- GROWING UP DIVORCED**, Linda Bird Francke (1983). *Help your child, from infancy through teens.*
- DIVORCE WITHOUT VICTIMS**, Stuart Berger, M.D. (1983). *More help on easing children's pain.*
- MOM & DAD ARE DIVORCED, BUT I'M NOT**, Hal W. Anderson & Gail S. Anderson (1981). *Includes chapters on long-distance & part-time parenting.*
- 101 WAYS TO BE A LONG-DISTANCE SUPER-DAD**, George Newman (1981). *The title says it all.*
- MOM'S HOUSE, DAD'S HOUSE**, Isolina Ricci (1980). *Excellent guide on shared custody.*
- JOINT CUSTODY & CO-PARENTING**, Miriam Galper (1980). *A source book for sharing equally.*
- SINGLE PARENTS ARE PEOPLE, TOO**, Carol Vejvoda Murdock (1980). *Male, female, custodial or not.*
- SINGLE FATHER'S HANDBOOK**, Richard H. Gatley, Ph.D. & David Koulack, Ph.D. (1979). *For men who are separated from their children.*
- WHAT ABOUT THE CHILDREN?**, Francine Spilke (1979). *Telling the children, deciding custody & working out new family relationships, including step-parenting.*
- FOR DIVORCED FATHERS ONLY**, Stuart Kahan (1978). *Coping emotionally, legally & financially.*

FOR CHILDREN

- WHEN DIVORCE HITS HOME**, Beth Joselow & Thea Joselow (1996). *For teens.*
- DINOSAURS DIVORCE: A GUIDE FOR CHANGING FAMILIES**, Laurene K. Brown & Marc Brown (1988). *Ages 3+.*
- HOW IT FEELS WHEN PARENTS DIVORCE**, Jill Kremmentz (1984). *Nineteen boys & girls, aged 7-16, share their feelings.*
- MEGAN'S BOOK OF DIVORCE**, Erica Jong (1984). *A kid's picture book for adults.*
- HOW TO LIVE WITH A SINGLE PARENT**, Sara Gilbert (1982). *For young adults & parents.*
- THE KIDS' BOOK OF DIVORCE**, The Unit at Fayerweather Street School (1981). *Ages 11-14.*
- MY PARENTS ARE DIVORCED, TOO**, Bonnie Robson, M.D. (1979). *For teens.*
- THE FAMILY THAT CHANGED**, Francine Spilke (1979). *For pre-school; also WHAT ABOUT ME?, for ages 9-15.*
- DIVORCE IS A GROWN-UP PROBLEM**, Janet Sinberg (1978). *Picture book, with bibliography.*
- TWO HOMES TO LIVE IN**, Barbara Shook Hazen (1978). *Ages 4-8.*
- TALKING ABOUT DIVORCE & SEPARATION: A DIALOGUE BETWEEN PARENT & CHILD**, Earl A. Grollman (1975). *Simple & straightforward words to use when telling & talking to your children.*

