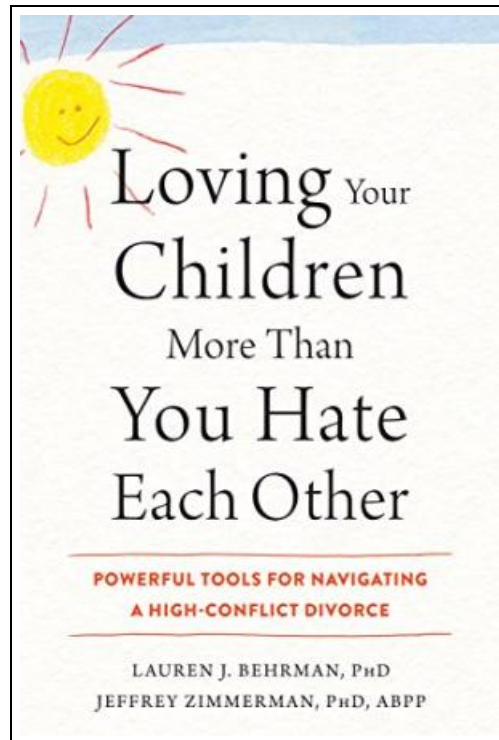


Loving Your Children More Than You Hate Each Other: Powerful Tools for Navigating a High Conflict Divorce (Paperback)



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LOVING YOUR CHILDREN MORE THAN YOU HATE EACH OTHER: POWERFUL TOOLS FOR NAVIGATING A HIGHCONFLICT DIVORCE (PAPERBACK)



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New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Hate your ex but love your kids? If so, this much-needed guide offers practical tips and strategies to help you manage intense emotions, deal with shame and blame, and create a peaceful, loving environment for your children. Let's face it-divorce is tough. In a high-conflict divorce, your ex may attempt to undermine your relationship with your children, blame you for the failed marriage, and be hostile toward you in general. Unfortunately, this negativity can affect your kids, too. You need to break the cycle of rage and conflict now, for their sake. This book can help. Loving Your Children More Than You Hate Each Other offers powerful skills based in dialectical behavior therapy (DBT) and values-based parenting to help you both take control of your emotions. You'll develop tools to help you identify cycles of conflict, as well as strategies for breaking these cycles before they get out of hand. You'll also learn to effectively communicate with one another and your children in a way that is healthy and productive. If you're going through a high-conflict divorce, you need real tools to help you manage the pain and anger that can follow. This book will give you the skills you need to go from ex to co-parent, and start rebuilding your-and your child's-life.



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