

Divorce poison: protecting the parent-child bond from a vindictive ex / Richard A. Warshak

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Abstrak

Your ex-spouse is bad-mouthing you to your children, perhaps even trying to turn them against you. If you handle the situation ineffectively, you could lose your children's respect, their affections - even in extreme case, lose contact with them. The conventional advice is to do nothing, that fighting fire with fire will only result in greater injury to the children. Is convinced that this approach does nothing but leave parents feeling helpless. And the damage to children is considerable, particularly when warring parents enlist children as allies in the battle. The problems range from tainted parent-child relationships to a disturbance known as parental alienation syndrome, in which children virtually disown one of their parents. DIVORCE POISON is the first book that offers specific advice to protect children from the results of their parents' animosity. It details how to distinguish different types of criticism, how and why parents manipulate their children, how to detect these manoeuvres, and how these practices damage children. Most importantly, it offers parents powerful strategies to preserve and rebuild loving relationships with their children.