

Standing On An Earthquake How To Survive Your Parents Divorce A Journal Of A Kid Who Did Lifeline Ser

[#survive parents divorce kids](#) [#childrens divorce journal](#) [#coping with parental separation](#) [#kids emotional support divorce](#) [#divorce impact on children](#)

This poignant journal, metaphorically titled 'Standing On An Earthquake', offers a vital lifeline for children navigating the turbulent waters of their parents' divorce. Designed to help kids cope with parental separation, it provides a safe space for young readers to process emotions, find strength, and discover practical strategies for surviving this challenging life event. An essential resource for children's emotional support during divorce, it truly validates their experience.

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Standing on an Earthquake

V. 1. Authors (A-D) -- v. 2. Authors (E-K) -- v. 3. Authors (L-R) -- v. 4. (S-Z) -- v. 5. Titles (A-D) -- v. 6. Titles (E-K) -- v. 7. Titles (L-Q) -- v. 8. Titles (R-Z) -- v. 9. Out of print, out of stock indefinitely -- v. 10. -- Publishers.

Forthcoming Books

Children of Divorce features excerpts of stories collected from hundreds of young people. The narratives embrace such themes as despair, chaos in the family, and "missing" dads. The volume paints a picture of the pain, the hope, and the resiliency shown by young adults while in the throes of divorce and in the years to follow. These poignant narratives are framed by an analysis of the most recent divorce literature. The book clearly demonstrates the value of storytelling in helping people deal with major loss events in their lives. The authors' hope is that by examining these experiences, we will gain a greater understanding of the effects of divorce and ultimately strengthen relationships in the future. This book challenges the contention that most children will be irretrievably hurt by their parents' divorce. Presenting a mixture of young people's voices demonstrating the great variety of reactions to parental divorce, it shows the strength and resilience many of these young people have learned in surviving the pain surrounding divorce in their families. Emphasis is placed on how hope about the possibilities of having close relationships--as well as a willingness to try to have stronger families in their own adult lives--represent abiding motivations in this sample of young people. Providing an overarching theoretical emphasis on the value of storytelling for people dealing with major losses, the authors hope that this method of stressing the raw input of respondents will make the experiences more vivid and realistic to the reader.

Subject Guide to Books in Print

Written in a light-hearted manner for kids and teens, this divorce survival guide for kids is authored by two teens who share tips and tricks they learned over more than ten years, while moving from mom's to dad's house. They decided to write it after realizing that when their friend's parents were divorcing, they were the 'go-to' divorce kids for advice...and they realized they were sharing the same information each time. So, they wanted to share the information with all kids that are going through this difficult time, but in a kid-to-kid kind of way. In an easy to read format you'll find tips for what to expect, getting used to two homes, dealing with the divorce drama, what to do when you don't know what to do, and tips for sharing homework and school information between parents and teachers. So many things you didn't have to think of when your parents were together! Most importantly, this book shows kids that they're not alone and others have successfully survived their parents divorce. So why go through it with trial and error when you can read this brief guide and get all the tips you'll need to survive?! Deliberately kept short so you can get back to your friends, facebook, twitter and everything else kids do today!

Standing on an Earthquake

"Based on the Children of Divorce Project, a landmark study of sixty families during the first five years after divorce, this enlightening and humane modern classic altered the conventional wisdom on t"

Books in Print

More Than 180 Ways to Help Your Child Survive Your Divorce -- "Please don't ever ask me to keep secrets from my other parent." -- "Tell me the truth. Divorce can be a very hard and painful thing for everyone." -- "Please don't cram a lot of fun activities into our visit with little time to talk or cuddle." During the trauma of divorce, your own needs and concerns can be frighteningly complex. Understanding and meeting the needs of your children can seem an almost insurmountable challenge. At long last, real help is at hand in the clearest, most concise guide ever to help children at the difficult time of divorce. If you're a divorced (or separated) parent, then this book is a must-read. Join family counselor -- and divorced parent -- Gillian Rothchild as she tackles such large and small issues as: -- Telling your children about the divorce. ("Tell me that you both still love me and that you are not divorcing me too.") -- Dealing with fear. ("You divorced each other...will you someday divorce me too?") -- How to handle the little details of raising a child who lives in two houses. ("I really need to have special things at both homes.") When you're going through a divorce, the last thing you want is to have to sit down with a complicated book. You need a practical and inspiring resource with the quick, smart, and professional answers that will help you and your children get on with your lives -- happily. DEAR MOM AND DAD is just that.

Children of Divorce

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Divorce Survival Guide for Kids

Finding out that your parents are splitting up can feel scary and upsetting. It can also be hard to know who you can talk to about it. But you are NOT alone. Psychologist Angharad Rudkin is here to guide you on this journey with 10 simple steps that will help you to feel calmer, stronger, confident and more positive about the future. From acceptance and resilience, to communication and compassion towards other people, this book will help you tackle the tricky situations that a divorce can bring, and answer some of the questions going through your head. With practical and positive tips, this book will show you that change is a tough journey, but with the right survival kit, you will reach a happier destination!

Max's Divorce Earthquake

Gives children a healing way to deal with divorce by providing constructive activities and plenty of writing space to let them work through their feelings.

Surviving Breakup

Hi! This book is for you, not your parents. This whole process you're going through is tough. Believe me, I know. I've been there. Divorce ran in my family even before I was born. My parents were divorced when I was six, and I've had multiple stepparents, new families, and half-brothers. Divorce is a mixed bag, and it's easy to get overwhelmed with the huge changes that are taking place in your life. With so many disruptions, it's hard to focus on everything that's going wrong and everything you think you've lost. But

this book isn't about that. When I went through my experiences with divorce, I was lucky enough to have my family and friends all help me with good advice. They helped me see the bright side of all these new experiences, and they helped me keep a level head and a positive perspective. In this book, I've put together the most important stuff I figured out to try to make this whole thing a little easier for you to deal with. I wrote this to be a practical book that deals with the everyday situations of divorce, and *The Bright Side* is full of useful information, like tips on traveling through airports alone, managing your schedule between two houses, or how to tell your parents that you won't take sides. Most important is *The Divorced Kids' Bill of Rights*, seven inalienable rights that kids have and need to know. So take a look--it's not that long. I hope it helps you out and makes your life a little easier. --Max Sindell

Dear Mom and Dad

In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and appropriate. These boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.

What in the World Do You Do When Your Parents Divorce?

If you're reading this, you might be dealing with a separation or divorce. I went through it and made it out just fine and so can you. My parents divorced when I was six years old and my brother was two. I wrote this book at the age of ten because I wanted to help other children through this challenging situation. I came up with seven key issues that were really hard for me to deal with and how I got through them. Parents will also find the seven keys to be insightful. I hope this book helps you through this tough time. Remember, you'll be just fine. Sincerely, C.J. Disclaimer: This is a work of fiction. Although its form is that of an autobiography, it is not one. Space and time have been rearranged to suit the convenience of the book, and with the exception of public figures, any resemblance to persons living or dead is coincidental. The opinions expressed are those of the characters and should not be confused with the author's.

Split Survival Kit

"Based on the Children of Divorce Project, a landmark study of sixty families during the first five years after divorce, this enlightening and humane modern classic altered the conventional wisdom on t"

When Your Parents Get a Divorce

How to deal with your parents' divorce when you're not a kid anymore As the divorce rate soars among the baby-boomer generation, more and more people in their twenties and thirties are being faced with the divorce of their parents, and few resources exist to help them cope with their unique circumstances. Written by an award-winning journalist who has lived through her own parents' midlife divorce, this practical, comforting guide includes advice on: • How to help your parents without getting caught in the middle • How to have tough conversations with your parents about money, property, and inheritance—theirs and yours • How to understand the complexities of infidelity and stepfamilies • How to rebuild relationships with each parent after the divorce

The Bright Side

Divorce is at once a widespread reality and a painful decision, so it is no surprise that this landmark study of its long-term effects should both spark debate and find a large audience. In this compelling, thought-provoking book, Judith Wallerstein explains that, while children do learn to cope with divorce, it in fact takes its greatest toll in adulthood, when the sons and daughters of divorced parents embark on romantic relationships of their own. Wallerstein sensitively illustrates how children of divorce often feel that their relationships are doomed, seek to avoid conflict, and fear commitment. Failure in their loving relationships often seems to them preordained, even when things are going smoothly. As Wallerstein checks in on the adults she first encountered as youngsters more than twenty-five years ago, she finds that their experiences mesh with those of the millions of other children of divorce, who will find

themselves on every page. With more than 100,000 copies in print, *The Unexpected Legacy of Divorce* spent three weeks on the New York Times, San Francisco Chronicle, and Denver Post bestseller lists. The book was also featured on two episodes of Oprah as well as on the front cover of Time and the New York Times Book Review.

How It Feels When Parents Divorce

Offers advice & guidance for teenagers with divorced or separated parents.

Divorced

This work looks at the many new combinations which constitute a family at the end of the 20th century. Men and women to whom the author talked describe what happened when their marriage broke, and how their new families emerged, sometimes through great difficulties. The book closes with guidance to the many professionals who might find themselves giving counselling or giving guidance to families as they go through a demanding period of transition.

Surviving the Breakup

The Divorce Talk: How to Tell the Kids is the definitive guide to help parents break the news of an upcoming separation to their kids with the least risk of damage. Written by an internationally known divorce recovery professional, the book is based on interviews with over one hundred children whose parents divorced. Readers will learn, step-by-step, how to manage their own emotions, to understand the meaning of divorce to children, what to say to the kids, and how to deal with the children's reaction to the news. The book is practical and offers solutions that are designed to help parents limit the risk of trauma in the most important conversation of their children's lives.

The Way They Were

What is the real legacy of divorce? To answer this question, Constance Ahrons, Ph.D., interviewed one hundred and seventy-three grown children whose divorcing parents she had interviewed twenty years earlier for her landmark study, the basis of which was the highly acclaimed book *The Good Divorce*. What she has learned is both heartening and significant. Challenging the stereotype that children of divorce are emotionally troubled, drug abusing, academically challenged, and otherwise failing, Dr. Ahrons reveals that most children can and do adapt, and that many even thrive in the face of family change. Although divorce is never easy for any family, she shows that it does not have to destroy children's lives or lead to a family breakdown. With the insight of these grown children and the advice of this gifted family therapist, divorcing parents will find helpful road maps identifying both the benefits and the harms to which postdivorce children are exposed and, ultimately, what they can do to maintain family bonds.

The Unexpected Legacy of Divorce

Inevitably divorce is difficult for children. There is no way around this. But even the very youngest children need a way to understand and make sense of how their family is changing. Author Emily Menendez-Aponte offers a starting point to begin explaining divorce to your child. She helps explain to children that divorce is not their fault, that it's normal to feel upset and scared and confused, and that it's good to get all these feelings out.

Split in Two

It was not so long ago that divorce was considered scandalous, and children of divorced parents lived with the shame of coming from a "broken home." Though much more common today, divorce still comes with a number of confusing emotions. This resource instructs teens about the changes they should expect in their lives, including a new or second home, new responsibilities, and even a new stepparent and stepsiblings. Readers will also learn how to identify and understand what they are feeling, where to seek help, and how to turn a difficult situation into an opportunity for growth.

Making and Breaking Families

When your parents tell you that they are getting divorced, you might have lots of big feelings - like anger, fear and sadness - and lots of questions too. This journal is packed full of activities that will help you

work through these feelings and get your thoughts and questions out into the open. This journal from parenting expert Sue Atkins gives children aged 7+ a safe place to express their feelings about divorce and the resulting changes, so that they can start to understand them. Full of creative activities to help them process this life-changing event, it provides children with a source of strength and comfort through this challenging time, as well as giving them a way of sharing how they are feeling with a trusted adult.

The Divorce Talk

The changes that come with divorce can be difficult. This advice book will help a girl to better understand her parents' divorce, through quizzes and advice from real girls who've been there.

Divorce

This invaluable book explores the apparent and hidden fears that haunt children as they weather the painful confusion of a divorce. It shows parents how to tell the truth without frightening children, how to strengthen the parent-child relationship, and how to build trust.

We're Still Family

Your coming into your teenage years and your parents have just separated. How are you going to ever survive such a traumatic event? If you're anything like I was, there is going to be a lot of anger, denial, hate, and frustration. That is okay, the key is how do you handle those emotions, and work through this new family dynamic you're about to enter. Oh, and ah one more thing... I have a habit of being blunt, sassy, and to the point!! So, strap in, and let's get to it! You see I wrote this book to serve two purposes. The first one is to help me through some of my own healing processes. Once-in-a-while the demons try and crawl out of the places, I have put them. They come crawling out of their cages that I locked them in through years of support and love from my family. The second reason for this book is to help you, the reader, make it through your journey of separation. Because let's face it, you are already probably wondering what it is you are going to do, or how you are ever going to be able to survive this situation. Guess what hotshot... You will survive!! Because you are better than the situation you are currently going through. You are already on the right path because you are here reading this book to help you figure out WTF!!

My Family Is Changing

A comprehensive examination of the specific causes of the distress children of divorce experience with practical strategies to counteract the the newly divorced long-term effects of divorce on children.

Divorce and Your Feelings

Riley and John are siblings whose parents have divorced. Riley helps her little brother, John, cope by discovering the positive side and "double blessings" of having two families, yet remaining one. This faith-based book explores what young children may think about when their parents separate or divorce, proving that children are wiser and more resilient than adults may realize. The first book in the "Never Alone" series focuses on separation and divorce and its impact on children. With half of American marriages ending in divorce or separation, children are often greatly affected. Written from a child's perspective, "Never Alone" focuses on understanding that divorce and separation aren't just adult issues. Sometimes, it takes other children in their "little village" to help them process their experience and realize that they are never alone. They have family and friends to help them along the way.

The Divorce Journal for Kids

268 young people share how they coped with their parents' divorce. Includes comments from 20 counselors who work with youth whose parents are divorcing.

A Smart Girl's Guide to Her Parents' Divorce

Explores the feelings and problems common to the experience of divorce.

Difficult Questions Kids Ask and Are Afraid to Ask About Divorce

"When Will My Heart Stop Hurting?" is a healing and inspirational book about divorce intended to help a parent recover themselves and be as responsive as possible to his or her children during and after the

upheaval of divorce. Brimming with pragmatic and sagacious advice about all aspects of the divorce experience, this easy-to-read compendium will help guide the reader to a more peaceful place with regard to divorce and enhance their ability to facilitate healing and growth in their children. "When Will My Heart Stop Hurting?" addresses particularly difficult topics around marital dissolution, custody, and subsequent changes in family life. Among the subjects this thoughtful and helpful book concentrates on are the following: the nature of divorce, difficult dilemmas in divorce, what it means to work together with your ex-spouse (even when it isn't easy), what you can do emotionally and psychologically for your child, and finding spiritual understanding in the aftermath of divorce. Here are a few sample selections: "A child ordinarily feels that his or her world is turned upside down in divorce. The heroic challenge for you as a parent is to help the world seem right side up again." "With every loss, there is a gain and new things of value are discovered. Teach your child that this paradox is even true of divorce." "Inspire your son or daughter to think of 'family' as a feeling inside of them, not merely a living situation."

Coping With Separation

The help divorcing dads need to survive marital breakdown while staying close to their kids. Divorce and separation are overwhelmingly sad, especially when kids are involved. In *Do You Ever Cry, Dad?* I.J. Schecter shares his experience, stories from other fathers, and insights from family experts to provide practical and emotional support to dads going through the anguish of a split, and to help them maintain a loving and healthy relationship with those who matter most in their lives: their children. Filled with emotional and practical help, concrete research, and a deep understanding of the pain and processing marital breakup involves, *Do You Ever Cry, Dad?* aims to help dads get themselves and their kids through one of the hardest changes in their lives. Honest, heartfelt, and compassionate, this book is here to instill in any dad hope in place of the despair and hurt he may be keeping to himself.

GROWING UP WITH DIVORCE: HELP YR CHILD AVOID IMMEDIATE & LATER EMOTIONAL PROBLEM

What do children go through in a divorce?

What about Me?

Why do parents stop having contact with their children after separation and divorce? This book explores what the loss of contact means to parents as well as to their children. It also discusses the emotional, legal and public policy issues involved for divorced parents and their children.

Never Alone

Presents guidelines for divorced parents to help them guide their children through emotional problems resulting from divorce.

How to Survive Your Parents' Divorce

What's Going to Happen to Me?