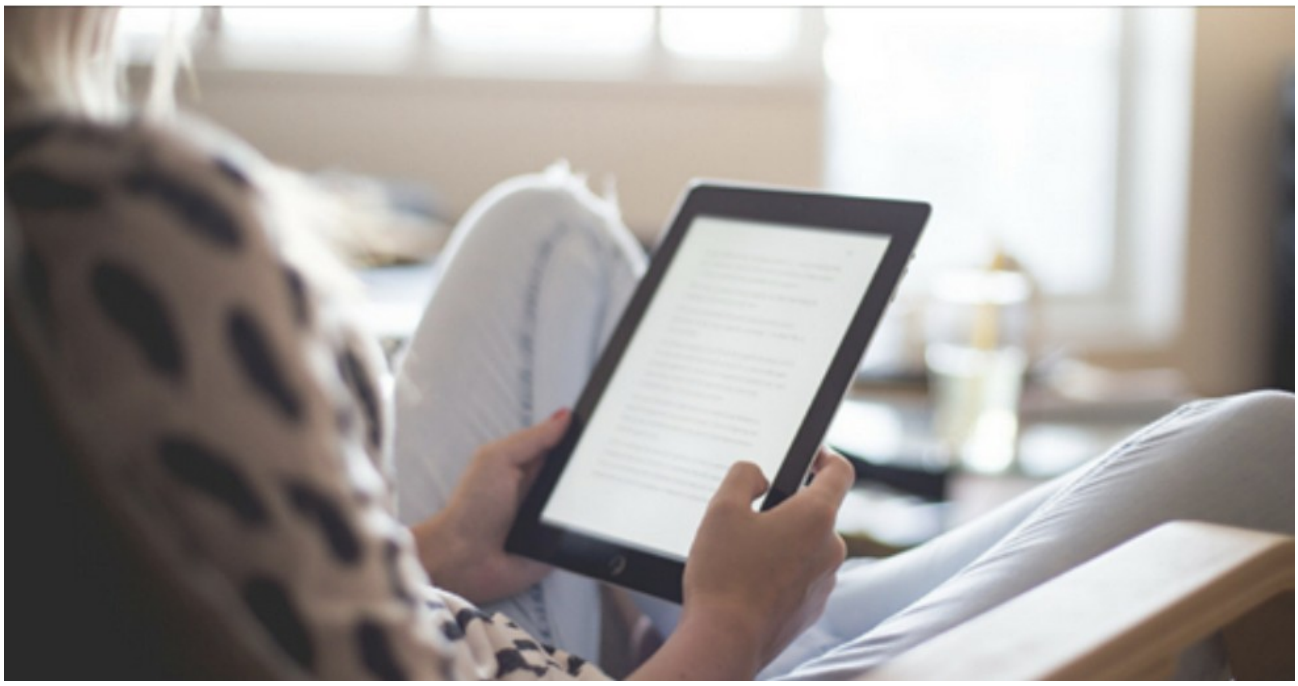
# Top 7 Books to Read if You're Considering Divorce

Books provide information, resources and assistance to help you manage your divorce and consider issues that you aren't aware of or need more information on. There are many good books available by parenting experts, therapists and psychologists, financial planners, and divorce and mediation lawyers to help you navigate your own divorce. Here are 7 books I recommend if you're considering divorce.



- **Onward & Upward: Guide for Getting Through New York Divorce & Family Law Issues** by Cari B. Rincker Andrea Vacca, Contributing Author: This comprehensive divorce and family law book offers the perspectives of attorneys and professionals on a myriad of family and matrimonial law topics. https://www.amazon.com/Onward-Upward-Getting-Through-Divorce/dp/0692556540

- **Loving Your Children More Than You Hate Each Other: Powerful Tools for Navigating a High-Conflict Divorce** by Lauren J. Behrman and Jeffrey Zimmerman 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. https://www.amazon.com/Loving-Your-Children-More-Other/dp/1626259046/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1530627765&sr=8-1&dpID=51ijho2gytL&preST=_SY344_BO1,204,203,200_QL70_&dpSrc=detail

- **Money & Divorce: The Essential Roadmap to Mastering Financial Decisions** by Lili Vasileff Most people head straight into divorce without preparing themselves for the journey that lies ahead. Whether or not the divorce is of your choosing, you need the necessary guidance and useful information. https://www.amazon.com/gp/product/1634259920/ref=dbs_a_def_rwt_bibl_vppi_i0

- **Two Homes, One Childhood: A Parenting Plan to Last a Lifetime** by Robert E. Emery Ph.D. A paradigm-shifting model of parenting children in two homes from an internationally recognized expert. A researcher, therapist, and mediator, Robert Emery, Ph.D., details a new approach to sharing custody with children in two homes. Huge numbers of children are affected by separation, divorce, cohabitation breakups, and childbearing outside of marriage. These children have two homes. But their parents have only one chance to protect their childhood. Building on his 2004 book The Truth About Children and Divorce and a strong evidence base, including his own research, Emery explains that a parenting plan that lasts a lifetime is one that grows and changes along with children's—and

families'—developing needs. https://www.amazon.com/Two-Homes-One-Childhood-Parenting/dp/1594634157/ref=sr_1_2?s=books&ie=UTF8&qid=1534878890&sr=1-2

- **The Complete Guide for Men & Women Divorcing** by Melvin Belli & Mel Krantzler Mel Krantzler, Ph.D., America's foremost divorce psychologist, offers uplifting advice to bring you through the emotional turmoil of divorce and let you use it as an opportunity for personal growth. His techniques for dealing with stress, coping with estrangement from spouse and children, and forming new relationships have brought Dr. Krantzler's many clients to new levels of confidence and self-esteem. https://www.amazon.com/Divorcing-Complete-Guide-Men-Women/dp/031203816X

- **Divorce Without Court: A Guide to Mediation & Collaborative Divorce** by Katherine Stoner Get essential information on how to end a marriage fairly and inexpensively, using divorce mediation or collaborative divorce. Encouraging and straightforward, Divorce Without Court guides you through a negotiated divorce. https://www.amazon.com/Divorce-Without-Court-Mediation-Collaborative/dp/1413317138

- **Conscious Uncoupling: 5 Steps to Living Happily Even After** by Katherine Woodward Thomas We enter our romantic relationships with great love, hope, and excitement–we've found the 'one', so we plan and forge our futures together. But sometimes, for many different reasons, relationships come undone; they don't work out. Commonly, we view this as a personal failure, rather than an opportunity. And instead of honoring what we once meant to each other, we hoard bitterness and anger, stewing in shame and resentment. Sometimes even lashing out in destructive and hurtful ways, despite the fact that we're good people at heart. That's natural: we're almost biologically primed to respond this way. https://www.amazon.com/Conscious-Uncoupling-Steps-Living-Happily/dp/0553447017

- For more books and resources on divorce and family law, see Vacca Law: Books and Resources: https://www.vaccalaw.com/resources/books/

## Contact divorce and mediation lawyer Andrea Vacca to discuss the decisions you need to make around your divorce: avacca@vaccalaw.com