



Healthy Divorce: Keys to Ending Your Marriage While Preserving Your Emotional Well-Being

Lois Gold

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While divorce can be filled with anger, frustration, and bitterness, most divorcing couples want to end their marriage in a manner that preserves their dignity and emotional health, especially if there are children in the picture. They want to prevent irreparable damage to themselves and their children from a long, drawn-out, ugly battle. **The Healthy Divorce** provides them with the tools to more peacefully negotiate the difficult process of divorce.

Filled with checklists, exercises, and rituals—as well as case histories of couples who have successfully used this positive approach—**The Healthy Divorce** is your essential guide to getting through your divorce without ruining your life or permanently harming your children.

The Healthy Divorce empowers couples to negotiate, handle sensitive issues, and resolve conflicts in a way that allows them to emerge from divorce with their emotional well-being intact. **The Healthy Divorce** includes:

- The seven keys to a healthy divorce
- How to separate yourself from the marriage emotionally
- How to best defuse a dispute before it escalates
- The best way to handle an uncooperative ex

PRAISE FOR *THE HEALTHY DIVORCE*

"Required reading for anyone contemplating divorce."

Publishers Weekly

"This is an achievable model of what divorcing parents can do that's positive for themselves, their spouse, and their children."

Jay Folberg, Professor Emeritus and Former Dean of the University of San Francisco Law School

"A wonderful book, immensely readable, very human, quite moving...Will help couples divorce in a more civilized way."

Joan B. Kelly, PhD, co-author of *Surviving the Break-Up*

"Fascinating and informative... This book should prove valuable to those who are contemplating divorce or going through divorce, as well as to mental health professionals from all specialties who treat divorcing adults and children of divorce."

Florence Kaslow, PhD, Past President, International Family Therapy Association

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