



# Take Control of Your Divorce: Strategies to Stop Fighting & Start Co-Parenting

*Judith Margerum, Jerome Price, James Windell M.A.*

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Hostile and contentious divorces aren't uncommon. But if you've been separated or divorced for more than a year or two and things haven't gotten better, something is very wrong.

If you're not working together in a spirit of cooperation for the good of your children, you have not resolved the emotions following a divorce so you can go about the important job ahead: co-parenting your children!

You can change the unproductive communication cycle you and your co-parent may have developed and go from a relationship featuring anger and hostility to one less volatile, more cooperative, and healthier for your children. Children caught up in post-divorce conflict are in considerable danger to suffer physically, emotionally, and behaviorally.

The authors' intent for this book is to help you save your children—and yourself—from the ravages of anger, hostility, and conflict. They give you specific strategies you can use to resolve, overlook, or put aside the conflicts with your co-parent and get to the crucial task of being good parents.

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