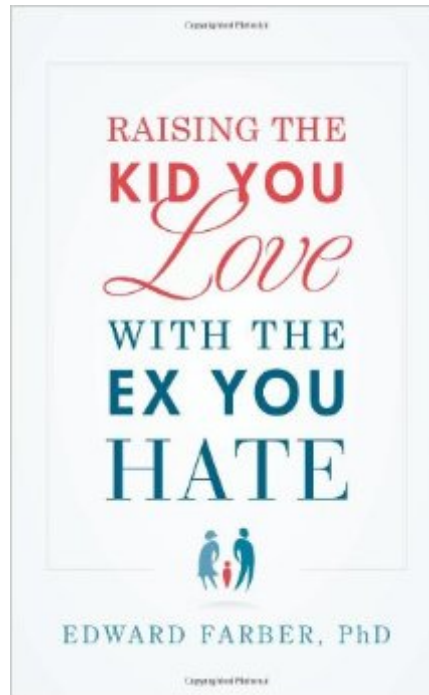


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# Raising The Kid You Love With The Ex You Hate



## Synopsis

Powerful advice for you and your ex-spouse on how to reduce conflict and protect your children's well-being while co-parenting. You and your former wife/husband are struggling to be civil to each other and you recognize the conflicts could be damaging to your child. Dr. Farber, a clinical child psychologist who's been in practice for 30+ years, knows what you're up against. He writes compassionately and insightfully about the concrete, doable steps you can take to avoid letting differences with your ex get in the way of being the best mom or the best dad you can be. Conflicts inevitably arise from living in two households. You don't have to like your ex, but, if you are going to co-parent successfully, you will still have to deal with your ex. Dr. Farber helps you navigate the upheaval with practical advice based on real-world families. His book shows you how to - Know what to say, and not to say, to your child about separation and divorce - Cope with child support and other money issues - Handle the holidays and special family occasions - Choose and adjust to new schools - Introduce your child to a potential new partner - Co-parent when an ex has a personality disorder, addiction problem, or is a bully - Decide when to recruit the help of a parent coordinator - Raise a healthy child while co-parenting. You'll draw strength and encouragement from the positive outcomes he's helped hurting parents and children achieve as they confronted such gripping problem areas. Dr. Farber's expert analysis and counsel will show you how to use co-parenting to turn your broken marriage into a working divorce that supports the emotional and developmental health of your children caught in the crossfire.

## Book Information

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## Customer Reviews

Clinical child-psychologist Edward Farber, PhD wrote a powerful new book with a compelling title, *Raising the Kid You Love with the Ex You Hate*. That's the formidable challenge ... and that's just what Dr. Farber's no-nonsense advice helps parents do following a divorce. The book discusses the complexities of co-parenting as well as why your child will benefit from the efforts you make in that direction. He addresses the important subject of how, what and what not to tell your children about the divorce and about related family issues once the co-parenting process has begun. Extremely important is his discussion of the nitty-gritty day-to-day realities of shared parenting when the divorce is behind you. He covers how to cope with the adjustments, handle school-related issues, health, discipline and the multitude of decisions that need to be made while raising any children. Holidays and special occasions get additional attention because they are often the source of conflict which can be avoided by planning and skilled communication. So Dr. Farber spends a good deal of time focused on ways to communicate more effectively with your former spouse on behalf of everyone in the family. Children acting out and other behavior problems following divorce are also addressed with keen insight on how kids can coerce, control or manipulate parents when they know they have the power. And Dr. Farber provides valuable advice about when co-parenting is not in the best interest of your family or when it's time to bring in professional support for issues too big to handle by yourself. Dr. Farber shares compelling real stories based on his years of practice followed by strategies and solid advice for overcoming obstacles and facing challenges realistically.

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