



The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce

Elizabeth Thayer Ph.D., Jeffrey Zimmerman Ph.D.

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You may be winning the battle in court, but losing the war at home, saddened at the wounds your children bear as a result of this conflict. But because you are willing to do anything to help your children thrive, you can learn to build a parenting partnership with your former mate in spite of the history between you.

The Co-Parenting Survival Guide shows you how to avoid the hot spots and the common traps of hostility, inflexibility, and constant squabbling, and develop skills to sustain a co-parenting partnership based on love and concern for your children, so they can best benefit from two parents living separately but working together.

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