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The Do's and Don'ts of Divorce How to Keep Your Sanity, Protect Your Children and Live in Peace

Dilyse Diaz

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THE **DO'S** AND **DON'TS** OF DIVORCE

How to keep your sanity
Protect your children &
Live in peace



Dilyse Diaz, L.M.F.T.

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Dilyse Diaz : The Do's and Don'ts of Divorce How to Keep Your Sanity, Protect Your Children and Live in Peace before purchasing it in order to gage whether or not it would be worth my time, and all praised The Do's and Don'ts of Divorce How to Keep Your Sanity, Protect Your Children and Live in Peace:

2 of 2 people found the following review helpful. Clarity and hope!By LauraI recommend this book to ANYONE

touched by divorce. I've been divorced for two years now. My deepest pain and despair stems from my fear that divorce will hurt my children in an irreparable way. I have felt such sadness knowing that as a result of my choice they will now have to identify with being from a divorced family...something I could never have imagined they would have had to relate to. After reading Dilyse's book, I have clarity and hope. This was a quick read that got right to the heart of how I can protect my children and take care of both them and myself. Dilyse acknowledges that divorce will change the way my boys will experience their childhood but, the way I take care of myself and them will make the difference between a hopeful, encouraging, loving, healing, growing future for them or one filled with buried feelings and emotional burdens. They can take either one into their future and we as parents get the honor of supporting our children in finding positive solutions for processing painful circumstances. Dilyse describes just how to do that in this easy to read, hopeful book. It is exactly what I hoped to find and needed to read. It is a great reminder of how important it is for me to take care of myself, so I can be the present parent I need to be for them. Divorce is painful. Dilyse gives us concrete information and examples of how to embrace what has (or is happening) happened as well as how to help ourselves and our children have a bright and wonderful future. For anyone who has or is experiencing divorce ... THIS BOOK IS A MUST HAVE! 1 of 1 people found the following review helpful. A road map through a terrible part of life By G Biss Terrific book by an experienced and talented therapist. There is nothing easy about divorce but this book provides a valuable helping hand to make the process easier, while protecting those who matter most - the children caught in the wake. The great action steps provided with each section ensure you find ways to use and benefit from the sage advice offered. I look forward to more books by Dilyse Diaz. 1 of 1 people found the following review helpful. The Do's and Don'ts of Divorce By Laurie B This is a Great go to guide for families even though my children are grown It was very useful in helping me and then deal with the divorce. It gives you a totally different perspective that you might not have thought of . It's never too late to add good skills to your family it's an ongoing learning experience. This book provides 41 text that are good for every day life not just dealing with divorce. I would highly recommend it.

Do you fear your divorce will ruin your children's lives forever? Feeling helpless and overwhelmed with what to do or NOT to do with your children in regard to the divorce? Psychotherapist Dilyse Diaz created The Do's and Don'ts of Divorce as an invaluable blueprint to keep your sanity, protect your children, and live in peace. This tool kit provides crucial perspectives from children of divorce that will help you empathize with your own children, and alleviate your painful feelings of guilt, shame, and loss. More than ever, your children need security, support and stability. Your decision to invest in your lives will create the peace, love and encouragement that you all need to survive. Critical information and easy to understand strategies that help adults support children before, during, and long after their parents separate and divorce.

A "must have" for all parents who are going through the process of divorce--a powerful no-nonsense manual that serves as an anchor for parents who are navigating the often turbulent waters of divorce." Dr. William Rolfe, L.C.P.