



Help and Hope: For Adult Children of Divorce

Serenity

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A growing number of long-married adults are divorcing, leaving their own adult children in the wake of their decisions. If you see yourself or someone you know and love in the descriptions below, this book is for you:

You just learned that your parents are going to get a divorce. You are devastated and feel alone. Is there help for you to make sense of what you are feeling and dealing with, as an adult child?

You are trying to keep your adult life together, amidst the new challenges and strain of having parents that recently divorced. While your life will never be the same, is there hope for peace, in spite of unwanted change?

Adult Children of divorcing parents experience the stages of grief in unique ways. There are helpful ways to cope and hopeful ways to view the future.

After finding myself an adult child of divorce at the age of 43, I sought help and found hope. Appreciating so much the people who helped me move toward healing, and not wanting others to feel alone in this journey, I began a blog and was encouraged to write a book that could come along side other ACODs to provide practical advice and wise Christian counsel.

My prayer is that this handbook for the hurting adult child of divorce will meet a need in the life of each one who ponders the lessons we can learn as we face this unique life experience.

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From reader reviews:

James Ponce:

This Help and Hope: For Adult Children of Divorce book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is definitely information inside this reserve incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This Help and Hope: For Adult Children of Divorce without we recognize teach the one who reading it become critical in contemplating and analyzing. Don't become worry Help and Hope: For Adult Children of Divorce can bring when you are and not make your carrier space or bookshelves' turn into full because you can have it within your lovely laptop even cellphone. This Help and Hope: For Adult Children of Divorce having fine arrangement in word as well as layout, so you will not truly feel uninterested in reading.

Ashley Washington:

The reason why? Because this Help and Hope: For Adult Children of Divorce is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I had been you I will go to the reserve store hurriedly.

Barbara Roundtree:

Are you kind of busy person, only have 10 or perhaps 15 minute in your moment to upgrading your mind proficiency or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your limited time to read it because pretty much everything time you only find reserve that need more time to be learn. Help and Hope: For Adult Children of Divorce can be your answer mainly because it can be read by you actually who have those short spare time problems.

Scott Hicks:

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