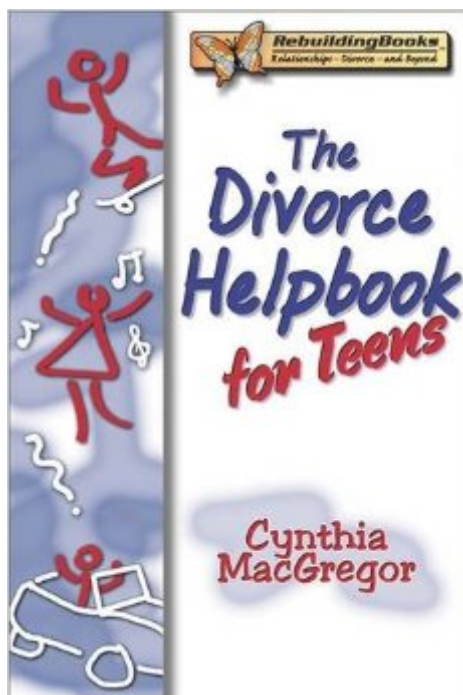


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# Divorce Helpbook For Teens (Rebuilding Books)



## Synopsis

MacGregor knows that divorce can be especially tough on teens, and her warm and friendly guide offers a helping hand to teens struggling to answer the tough questions when their parents divorce: Why do parents get divorced? How will the divorce change our lives? What can I do to feel less depressed? Who can I talk to about my problems? What's going to happen next? How do you tell absent parents that they don't visit enough? How do you say "no" to parents who want you to carry messages to, or spy on, the other parent? What is there to talk about when you visit a parent who's moved away?

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #151,897 in Books (See Top 100 in Books) #29 in [Books > Teens > Social Issues > Family](#) #42407 in [Books > Reference](#)

## Customer Reviews

Teen angst compounded by the turmoil of divorcing parents is not a subject for the fainthearted to tackle. But MacGregor's engaging style quickly establishes empathy with this challenging group, offering genuine warmth and reliable advice along with sensitivity to her readers' many vulnerabilities. Her objective is not to function as a single-handed self-help guru; throughout the book she reminds kids to turn to trusted individuals in their lives for additional help. She maintains a thoughtful level of clear-headed reassurance, gently urging teens to think outside their pain and confusion to realize they're not alone. This applies to all aspects of their experience of divorce, which MacGregor keenly understands as a uniquely stressful time for those "too young for childhood soothing and too young for adult stress relievers." She offers age-appropriate comforts, effective ways to fight depression, and reasonable options for regaining the sense of security that divorce shatters. What I like best about this book, aside from MacGregor's unfailing instinct for

zeroing in on issues crucial to teens, is her knack for relating to kids on a warm, nonjudgmental, respectfully informative way. Her attitude of compassionate practicality guides them -- without preaching -- to make wise choices. She counters common erroneous conclusions kids are apt to draw about divorce (I.e., it's their fault Mom and Dad broke up; they can get Mom and Dad back together, etc.), with insightful reality checks that avoid making the reader feel patronized. She's a staunch advocate, defending kids' right to refuse to participate in unfair tactics (like being used as messengers or spies) their divorced parents may resort to. At the same time, she underscores the importance of preserving relationships where possible by meeting each parent halfway. Smart exercises like keeping a journal help teens in pain to vent and sort out their emotions. MacGregor's goal is to get kids to see that, while they can't undo the divorce, they can avoid many of the resulting hassles. This sense of control is a crucial gift this skilled, empathetic author offers her readers. Know a teen of divorce who's struggling to adjust? This book is a great starting point for clearing hurdles and moving forward.

The Divorce Helpbook For Teens is a straightforward guide for teenagers dealing with their parents' divorce. Addressing young people in a plain-terms manner without any condescension, it covers such common questions as why parents get divorced, how divorce changes people's lives, how to say "no" to a parent who wants the child to carry messages to (or spy on) the other parent, what to talk about when visiting a parent who moved away, and more. Examples flesh out the all-too-real dilemmas contemplated, and question-and-answer sessions spell out difficult issues in this highly recommended book for any young adult who must deal with the difficulty of their parents' separation.

My 17-year old felt this was OK, but too sophomoric for her. She felt it was appropriate for middle school or younger teens.

I think this is a great book for all teens from a divorced family. Helped my grand kids and the parents what an what not should be said to the kids from both parents

I bought this book for a family member but ended up not giving it to them - the book is fine, but is more oriented for teens experiencing early stages of divorce.

A good resource book for your teen.

granddaughter liked it

Purchased it for my granddaughter going through her parents divorce have not had a chance to talk to her in private to see if she read it yet.

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Divorce Helpbook for Teens (Rebuilding Books) Parenting After Divorce For The Single Daddy: The Best Guide To Helping Single Dads Deal With Parenting Challenges After A Divorce Getting Through My Parents' Divorce: A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts Divorce and Beyond Participants (Divorce & Remarriage) The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia How To Restore Classic Farm Tractors: The Ultimate Do-It-Yourself Guide to Rebuilding and Restoring Tractors We Will Rise - rebuilding the Mexikah Nation After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, 2nd Edition Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity I Surrender All: Rebuilding a Marriage Broken by Pornography Rebuilding the American City: Design and Strategy for the 21st Century Urban Core How to Restore Ford Tractors: The Ultimate Guide to Rebuilding and Restoring N-Series and Later Tractors 1939-1962 Rebuilding the Brand: How Harley-Davidson Became King of the Road Rebuilding the Foodshed: How to Create Local, Sustainable, and Secure Food Systems (Community Resilience Guides) Flowers, Floral Arrangements, Wreaths: Calm Coloring Books to Relieve Stress; Adult Coloring Books Floral in All D; Adult Coloring Books Flowers in ... Coloring Books for Teens Girls in all Dep Called to Be: Devotions by Teens for Teens Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential How to Talk So Teens Will Listen and Listen So Teens Will Talk Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens)

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