

## **ADULT CHILDREN OF DIVORCE**

**How to Overcome the Legacy of Your Parents' Breakup  
and Enjoy Love, Trust, and Intimacy**

**By Jeffrey Zimmerman, Ph.D., and Elizabeth Thayer, Ph.D.**

**FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:  
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**FOR IMMEDIATE RELEASE**

### **DIVORCE SOMETIMES AFFECTS CHILDREN THE MOST - AND THE LONGEST**

**TRUE OR FALSE:** The divorce rate for children of divorce is almost six times higher than that of children whose parents stayed together.

**ANSWER:** True.

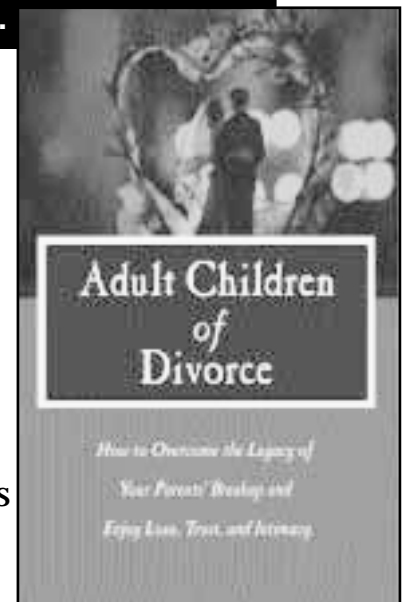
The trauma of parental divorce is one that children carry with them into adulthood. The abandonment issues that arise when a parent moves out, the feeling that if they had just been *better* this would not have happened to their family - these and other issues remain and can result later in the inability or unwillingness to commit in romantic relationships, in self-esteem issues, or in troubled relationships with friends, family, or co-workers.

Divorce experts and psychologists Jeffrey Zimmerman and Elizabeth Thayer begin by showing readers how to recognize the impact of their parents' divorce on their own lives. Examples can include

- \* the disruption of one or more relationships for financial reasons
- \* difficulty with commitment conversations
- \* repeated relationships that just don't seem to work out

Through chapters that address "healthy" divorces, parental conflict addiction and parental alienation, loyalty conflicts, stepfamily issues, healthy non-romantic relationships, and taking back your love life, the authors show that the effects of divorce do not have to be permanent, and that adult children of divorce can go on to create honest, fulfilling, intimate relationships with significant others, their parents, and their own children by reducing leftover

**ADULT CHILDREN OF DIVORCE, 1-57224-336-8, (paper), \$14.95, 202 pages  
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## SUGGESTED INTERVIEW QUESTIONS

1. What is the divorce rate for children of divorce, and how does it compare to that of children whose parents stayed together? How do you explain to the difference?
2. Is it possible for your parents' divorce to affect you as an adult without your realizing it? What are some examples of this, other than relationship problems?
3. How can the loss of innocence during childhood about adult issues affect one later in life?
4. Couples usually divorce for good reasons. Is it possible that children may benefit in some ways by not being exposed to their parents' unhealthy relationship?
5. Can you give us some ideas about how adult children of divorce can deal with the guilt and low self-esteem they may feel?
6. How do you recommend that adults deal with the negative feelings they have towards their parents dating back to their divorce?
7. Does being an adult child of divorce effect one's non-romantic relationships? In what way?
8. How does being an adult child of divorce impact one's relationships with one's own children?

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## A B O U T T H E A U T H O R S

**Jeffrey Zimmerman, Ph.D.**, is President, Cofounder, and Administrative Director of Connecticut Psychological Group and CPG Behavioral Health Resources in Avon Connecticut. Dr. Zimmerman administers the PEACE program (Parents Equally Allied to Co-parent Effectively), a specialized service for high-conflict divorce. Coauthor of with Elizabeth Thayer of *The Co-Parenting Survival Guide: Letting Go of Conflict after a Difficult Divorce*, he lives in Avon, Connecticut.

**Elizabeth Thayer, Ph.D.**, is Vice-President and Cofounder of Connecticut Psychological Group and CPG Behavioral Health Resources. She also serves on the Connecticut Board of Examiners in Psychology, as Chair of the Certification of Professional Qualifications Appeals Committee, and on the Association of State and Provincial Psychology Boards. A member of the faculty at Harvard University in the Department of Psychology from 1981-1987, Dr. Thayer now lives in Avon, CT.

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