



Custody Chaos, Personal Peace: Sharing Custody with an Ex Who Drives You Crazy

Jeffrey P. Wittman

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This empowering guide is an inspirational roadmap for the millions of men and women navigating a rocky relationship with a former spouse-while trying to maintain a healthy atmosphere for their child. Topics include:

- * The 7 strategies for peace when an ex refuses to change
- * Skills for taming former in-laws
- * Ways to help children cope with a difficult parent
- * Strategies and alternatives for focusing anger
- * How to avoid hot-button issues
- * How to nudge an ex to change for the better
- * Ways to deal with children's questions and confusion
- * The new partner's role in the old partner's shadow

This is the book for every frustrated parent coming out of a divorce who needs support in setting things right-the healthy, sensible, and sane way.

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