



Adult Children of Divorce: How to Overcome the Legacy of Your Parents' Break-up and Enjoy Love, Trust, and Intimacy

Jeffrey Zimmerman, Elizabeth S. Thayer

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If you, like so many of us, are the child of divorced parents, you may be wrestling with serious issues that affect your ability to develop long-lasting, committed relationships. *Adult Children of Divorce* provides the first-ever step-by-step approach for adult children of divorce to undo the effects of their parents' divorce and create strong romantic partnerships. Learn how to evaluate the level of dysfunction and animosity involved in your parents' divorce and begin to piece together how your parents' interaction has affected your own long-lasting core beliefs about marriage. By working through this program, you'll discover that you really can have lasting, meaningful partner relationships.

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