



Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted

By Beverly Engel M.F.C.C.

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"Why isn't there a commandment to 'honor thy children' or at least one to 'not abuse thy children'?" asks Beverly Engel. No one should have to tolerate an abusive or destructive relationship. However, countless adults continue to foster toxic relationships with their parents. Perhaps honoring our parents starts with honoring ourselves. While making peace with a parent may seem ideal, it is not always a viable option, and severing ties with a parent is sometimes a necessity. Engel, who had to divorce her mother for a number of years, recognizes that forgiveness is not always necessary or even possible.

This sensitive, emphatic, yet practical guide includes exercises to help you through this important turning point that can inspire positive and healthy changes in your life. With step-by-step instruction and real-life testimonials, *Divorcing a Parent* will show you how to anticipate and manage negative pressure from others, how to overcome your doubts and guilt, how to participate in family gatherings, and how to handle grandchildren. Engel even addresses how to manage the abuse of a deceased parent.

While utilizing an individualized approach, Engel guides you through the entire process to determine what is best for your wellbeing—from deciding if divorce is right for you to finalizing the separation. Above all, this book shows you how to love yourself and give yourself the gift of freedom!

Beverly Engel, is an internationally recognized psychotherapist and an acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of 20 self-help books, including four best-selling books on emotional abuse. Several of her books have received awards and been translated into many languages. Engel is a licensed marriage and family therapist, and has practiced psychotherapy for 35 years. She frequently lends her expertise to national television talk shows and has appeared on *Oprah*, *CNN*, *Starting Over*, and others. Learn more at www.beverlyengel.com.

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Editorial Review

From the Inside Flap

Do you come away from contact with your parent with unbearable feelings of rage, low self-esteem and depression?

Is your parent hypercritical, manipulative, and/or controlling?

Do you feel unsafe when you are with your parent because of verbal abuse, negligence, or inappropriate behavior?

No matter how much you do for your parent, is it never enough?

No one should have to endure an abusive, unhealthy relationship that threatens his or her well-being -- even if that relationship is with a parent. In this ground-breaking book, Beverly Engel draws on her own personal experience, as well as the stories and letters of other adult children, to offer a complete guide to why, when and how to divorce a parent. Engel discusses good and bad reasons for taking this step, when to stop trying to reconcile, and how to prepare yourself emotionally for the actual divorce, including such alternatives as temporary separation. If you do decide that parental divorce; how to handle negative pressure from others; how to come to terms with your own grief and guilt; what to tell your own children, and how to deal with their relationships with their grandparents; how to cope with holidays; how to divorce a parent after his or her death; and what to do if you change your mind and want to reconcile.

About the Author

Beverly Engel is a nationally recognized psychotherapist and sex therapist and with twenty years experience, as well as a bestselling author. She is the author of *The Right to Innocence*, *The Emotionally Abused Woman*, *Partners in Recovery*, *Encouragements for the Emotionally Abused Woman*, *Families in Recovery*, and *Raising Your Sexual Self-Esteem*. She has shared her expertise on Oprah!, Donahue, Sally Jessy Raphael, and Ricki Lake. She is the founder of the Center for Adult Survivors of Sexual Abuse (CASSA) in Redondo Beach, California. Beverly now lives in Cambria, California.

Users Review

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Cindy Gross:

This *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this e-book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. That *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* without we realize teach the one who reading through it become critical in considering and analyzing. Don't possibly be worry *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* can bring whenever you are and not make your case space or bookshelves' grow to be full because you can have it with your lovely laptop even cell phone. This *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* having excellent arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Deb Valdez:

The book with title Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted has a lot of information that you can understand it. You can get a lot of gain after read this book. That book exist new expertise the information that exist in this book represented the condition of the world today. That is important to yo7u to be aware of how the improvement of the world. This kind of book will bring you within new era of the syndication. You can read the e-book on your smart phone, so you can read this anywhere you want.

Debra Daniel:

Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted can be one of your beginner books that are good idea. We all recommend that straight away because this guide has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to place every word into enjoyment arrangement in writing Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information can drawn you into brand new stage of crucial considering.

Thomas Towne:

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