



# **The Divorced Child: Strengthening Your Family through the First Three Years of Separation**

*Joseph Nowinski*

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Divorce is a reality of today's family life, but clinical research has shown that it is possible to mitigate its negative effects on children. Dr. Joseph Nowinski, a family therapist with over 20 years of experience treating families, argues that there is a three-year window in which to acclimate children to the change in family life. Combining case studies with new research, Dr. Nowinski gives parents the information and the tools to work through the transition. Written in a warm and authoritative tone, Nowinski will teach parents to:

- Focus on your child's new day-to-day reality
- Identify early signs of trouble
- Help your child through the separation process and help them develop coping skills that will remain with them through life

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