



Keeping Families Connected

Resources to identify, battle & recover from Parental Alienation

Section #1: Faith & Healing

In my personal opinion, this first group of books deals with the absolute most important aspect of what is going on in your life right now. "Where is God in all of this?"

Some of you may be screaming those words while hot tears are streaming down your cheeks. By now you are probably angry and disillusioned with life itself, and possibly even with The One who created us. All I can tell you is this, in my personal journey "everything that others meant for evil pointed me to a God that loves me deeply and will never leave or forsake me, even when, no, especially when it seems that I am wounded, forgotten and alone. Sometimes the only way you know that you're alive is the pain..."

These books will reveal, or at the very least re-acquaint you with, the God of the universe that loves you and your children. He is not some "feeble well-meaning old man" on a cloud somewhere. Nor is He "impotent or uncaring" about you or your children.

He WANTS you to seek Him in your pain. He loves your children more than you ever could. Find out what His plan is for you and all those "who are called according to His purpose in Christ Jesus". His plan may surprise you, but it will definitely encourage and bring healing to you in the midst of the storm.

- ▶ **When God Doesn't Make Sense** - Dr. James Dobson
- ▶ **Disappointment With God** - Phillip Yancy
- ▶ **Purpose Driven Life** - Rick Warren
- ▶ **Desire** - John Eldredge
- ▶ **What's So Amazing About Grace** - Phillip Yancy
- ▶ **The Case for Christ** - Lee Strobel
- ▶ **Finding God** - Dr. Larry Crabb
- ▶ **As Silver Refined** - Kay Arthur
- ▶ **Wild at Heart** - John Eldredge
- ▶ **Reasons We Believe** - Nathan Busenitz
- ▶ **God Will Make a Way** - Dr. Henry Cloud & Dr. John Townsend
- ▶ **Where is God When it Hurts** - Phillip Yancy

Section #2: Parental Alienation - the "ultimate hate crime"

These books will explain what Parental Alienation is, how it is used, and how to help your children when you encounter it. A "must have" for anyone experiencing problems with their children, created by Parental Alienation!

- ▶ **Divorce Poison** - Dr. Richard Warshak
- ▶ **A Family's Heartbreak** - Michael Jeffries and Dr. Joel Davies
- ▶ **Friend of the Court Enemy of the Family** - Carol Rhodes
- ▶ **Adult Children of Parental Alienation** - Dr. Amy Baker
- ▶ **Divorce Casualties** - Dr. Douglas Darnell
- ▶ **Taken Into Custody** - Stephen Baskerville
- ▶ **A Kidnapped Mind** - Pamela Richardson
- ▶ **Cheated** - Ronald E. Smith
- ▶ **Family Court Hell** - Mark Harris
- ▶ **The Parental Alienation Syndrome** - Richard Gardner
- ▶ **Out of Control: Who's Watching Our Child Protection Agencies** - Brenda Scott
- ▶ **Parental Alienation** - Dr. L.F. Lowenstein
- ▶ **Elusive Innocence Survival Guide for the Falsely Accused** - Dean Tong
- ▶ **Courts From Hell - Family InJustice in Canada** - Frank Simons
- ▶ **I Don't Want to Choose How Middle School Kids Can Avoid Choosing One Parent Over the Other** - Dr. Amy J. Baker
- ▶ **Children Held Hostage** - Stanley S. Clawar
- ▶ **Unlawful Flight A Parental Kidnapping** - Glen C. Schultz
- ▶ DVD - **Support? System Down** (SUPPORT? explores the fundamental flaws in America's Family Courts regarding the Divorce and Child Support System.)
- ▶ DVD - **Jake's Closet** -(A film that explores the loss of innocence that comes with divorce)
- ▶ **Beyond the High Road** (ebook) - Amy J. Baker

Section #3: Helping your children through your divorce

Our children are the innocent victims of our choices and the choices of our ex-spouses. As parents we need to step up to the plate and help them in the healing process. The following books are excellent resources that help children work through the tough and even heart-breaking issues of divorce and a "broken" family.

- ▶ **It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life** - H. Norman Wright
- ▶ **Broken: Making Sense of Life After Your Parents Divorce** - Tim Baker
- ▶ **Helping Your Kids Cope with Divorce** - M. Gary Neuman
- ▶ **The Switching Hour: Kids of Divorce Say Good-bye Again** - Evon O. Flesberg
- ▶ **What Children Need to Know When Parents Get Divorced** - William L. Coleman
- ▶ **Helping Children Survive Divorce** - Archibald D. Hart
- ▶ **Helping Children Cope with Divorce** - Edward Teyber
- ▶ **Helping Your Kids Deal with Anger, Fear, and Sadness** - H. Norman Wright
- ▶ **Generation EX: Adult Children of Divorce and the Healing of our Pain** - Jen Abbas
- ▶ **Hope No Matter What: Helping Your Children Heal After Divorce** - Kim Hill and Lisa Harper
- ▶ **Helping your Kids Survive Divorce** - Thomas Whiteman, PhD
- ▶ **Speaking of Divorce, How to talk with your kids and help them Cope** - Kent Winchester & Roberta Beyer
- ▶ **Fred Stays With Me!** - Nancy Coffelt & Tricia Tusa
- ▶ **Never Far Apart** - Lieutenant Gary
- ▶ **Two Homes for Tyler** - Pamela Kennedy
- ▶ **Can anyone Fix my Broken Heart?** - June Thomas Crews
- ▶ **What in the World Do You Do When Your Parents Divorce?** - Kent Winchester & Roberta Beyer
- ▶ **With My Mom, With My Dad** - Maribeth Boelts
- ▶ **When Mom and Dad Divorce** - Emily Menendez-Aponte
- ▶ **Stories for Kids in Divorce** - Linda Jacobs
- ▶ **Getting a Grip, The Heart of Anger Handbook for Teens** - Lou Priolo
- ▶ **Split: A Graphic Reality Check for Teens Dealing with Divorce** - Marcus Brotherton
- ▶ **Now What Do I Do?: A Guide to Help Teenagers with Their Parents' Separation or Divorce** - Lynn Cassella-Kapusinski
- ▶ **Children of Divorce, Children of God** - Kristine Steakley
- ▶ **I Wonder (Color Away Pain)** - Kimberly Pressley - Herrick
- ▶ **Divorce (Color Away Pain)** - Kimberly Pressley - Herrick
- ▶ **Creating a Successful Parenting Plan** - Dr. Jayne Major

Section #4: Dealing with your emotions and getting rid of the baggage

Most of the time our emotions serve us well. Without them it would be impossible to feel love, compassion, mercy and even grief. But sometimes our emotions become our master, leading us down paths that are fraught with danger, and are abusive to those around us. These books can help you to set healthy boundaries with those that would harm or take advantage of you and your children, while also freeing you from destructive habits and patterns in your life.

- ▶ **Make Anger Your Ally** - Neil Clark Warren
- ▶ **Last Addiction** - Sharon Hersh
- ▶ **Boundaries** - Dr. Henry Cloud & Dr. John Townsend
- ▶ **Emotions** - Dr. James Dobson
- ▶ **Bondage Breaker** - Neil Anderson
- ▶ **Every Man's Battle** - Stephen Arterburn
- ▶ **The Control Trap** - Barbara Sullivan
- ▶ **Getting Through the Tough Stuff** - Charles Swindoll
- ▶ **Don't Let Jerks Get the Best of You** - Dr. Paul Meier
- ▶ **Safe People** - Dr. Henry Cloud & Dr. John Townsend
- ▶ **Choosing Forgiveness** - Nancy L. DeMoss
- ▶ **When You've Been Wronged** - Erwin Lutzer
- ▶ **The Anger Trap** - Dr. Les Carter
- ▶ **Changes that Heal** - Dr. Henry Cloud
- ▶ **Avoiding Stress Fractures** - Charles Swindoll
- ▶ **Your Scars are Beautiful to God** - Sharon Jaynes
- ▶ **Overcoming Emotions that Destroy** - Chip Ingram & Dr. Becca Johnson
- ▶ **Helping Those Who Hurt** - H. Norman Wright
- ▶ **A Woman's Guide to Overcoming Depression** - Archibald Hart, PhD & Catherine Hart Weber, PhD
- ▶ **Unmasking Male Depression** - Archibald Hart, PhD
- ▶ **Healing Life's Hurts** - Graham Bretherick
- ▶ **Surviving the Storms of Life** - H. Norman Wright
- ▶ **A Woman's Forbidden Emotion** - Gary J. Oliver and H. Norman Wright

Section #5: Healing From the Devastating Effects of Divorce

From our experience dealing with thousands of individuals who have experienced a divorce, most people will tell you that their divorce was one of the most painful and stressful times in their life. Healing from divorce is a process that is often long and uncomfortable but worth every bit of effort you put into the healing process. In addition to the books below we would recommend that you don't try and go through your divorce alone. Hook up with a DivorceCare group in your area. It's a place where you will find caring people who understand the issues you are facing.

- ▶ **When the Vow Breaks** - Joseph Warren Kniskern & Steve Grissom
- ▶ **Breaking the Cycle of Divorce** - John Trent PhD
- ▶ **Torn Asunder, Recovering from an Extramarital Affair** - Dave Carder
- ▶ **Broken Heart on Hold** - Linda Rooks
- ▶ **New Life After Divorce** - Bill Butterworth
- ▶ **Hope for the Separated** - Gary Chapman
- ▶ **Single, Married, Separated and Life after Divorce** - Myles Munroe
- ▶ **Growing Through Divorce** - Jim Smoke
- ▶ **Desperate Housewives: Help and Hope for Women Considering Separation or Divorce** - Brenda Clayton
- ▶ **Finding the Right one After Divorce** - Edward Tauber & Jim Smoke
- ▶ **Before You Remarry** - H. Norman Wright
- ▶ **Saving Your Second Marriage Before it Starts** - Drs. Les and Leslie Parrott

Section #6: Marriage - don't fall into old patterns with a new spouse

What is the last thing you EVER want to go through again...Another divorce! Commit to investing the same amount of time and effort to build an awesome marriage with your spouse, as you would to build anything of great and lasting value. You better have a plan! And a bunch of skills and basic understanding of the opposite sex wouldn't hurt either would it? This time have fun! I can tell you is this, I thank God every day for the wife He has given me. She is much more than I deserve or I could ever have even imagined. There is hope after divorce!

- ▶ **Love & Respect** - Dr. Emerson Eggerichs
- ▶ **The Five Love Languages** - Gary Chapman
- ▶ **Tender Warrior** - Stu Weber
- ▶ **Yes, Your Marriage Can be Saved: 12 Truths for Rescuing Your Relationship** - Joe & Michelle Williams
- ▶ **Staying Close** - Dennis Rainey
- ▶ **Marriage** - Charles Swindoll
- ▶ **Divorce Proof Your Marriage** - Dr. Gary & Barbara Rosberg
- ▶ **Growing the Marriage of Your Dreams** - Max Lucado
- ▶ **DVD - Fireproof** (Fireproof is an action-packed love story about a firefighter, his wife, and a marriage worth rescuing!)
- ▶ **The Love Dare** - Stephen Kendrick, Alex Kendrick
- ▶ **Pressure Proof Your Marriage** - Dennis and Barbara Rainey
- ▶ **Surviving a Spiritual Mismatch in Your Marriage** - Lee Strobel
- ▶ **His Brain, Her Brain: How Divinely Designed Differences Can Strengthen Your Marriage** - Dr. Walt & Barbara Larimore
- ▶ **Healing the Hurt in Your Marriage** - Dr. Gary & Barbara Rosberg
- ▶ **Love for a Lifetime** - Dr. James Dobson
- ▶ **Love Must Be Tough** - Dr. James Dobson
- ▶ **Keys For Marriage** - Myles Munroe
- ▶ **A Marriage Without Regrets: No Matter Where You Are or Where You've Been** - Kay Arthur
- ▶ **Boundaries in Marriage** - Dr. Henry Cloud & Dr. John Townsend
- ▶ **How to Act Right When Your Spouse Acts Wrong** - Leslie Vernick

Section #7: Blending Families - the ultimate challenge

Statistically, many of you reading this will eventually remarry (if you haven't already). If you think being married is difficult, wait until you start blending families! It can be great if you are equipped with effective parenting skills and have worked through your own issues, but it can be a nightmare if you haven't. I would encourage each one of you that is considering starting another family (or blending one) to equip yourself with the best tools that you can find. Both you and your family will be glad you did.

- ▶ **Blended Marriage Building a United Family** - Gary Smalley
- ▶ **Step-Parenting 101** - Dr. Kevin Leman
- ▶ **Blended Families: Creating Harmony As You Build a New Home Life** - Maxine Marsolini
- ▶ **Smart Stepfamily, The: Seven Steps to a Healthy Family** - Ron L. Deal
- ▶ **Living In A Step-family Without Getting Stepped On** - Kevin Leman
- ▶ **Raising Children in Blended Families: Helpful Insights, Expert Opinions, and True Stories** - Maxine Marsolini
- ▶ **Happily Remarried** - David Frisbie & Lisa Frisbie
- ▶ **Winning the Heart of Your Stepchild** - Bob Barnes

Section #8: Parenting skills that can change your life and theirs

Parenting even under normal circumstances this is not an easy task. During and after a divorce, these tools are needed more than ever. The following section offers help to anyone interested in learning how to effectively and lovingly parent their children. Become the very best parent you can be, your children are worth it.

- ▶ **Bringing Up Boys** - Dr. James Dobson
- ▶ **What a Difference a Daddy Makes** - Dr. Kevin Leman
- ▶ **Five Love Languages of Children** - Gary Chapman
- ▶ **Five Love Languages of Teenagers** - Gary Chapman
- ▶ **Making Children Mind without Losing Yours** - Dr. Kevin Leman
- ▶ **7 Solutions for Burned-Out Parents** - Dr. James Dobson
- ▶ **Single Parenting That Works** - Dr. Kevin Leman
- ▶ **Boundaries with Kids** - Dr. Henry Cloud & Dr. John Townsend
- ▶ **Help I'm Raising My Children Alone** - T.D. Jakes
- ▶ **On Our Own: Help and Hope for Single Moms** - Lela Gilbert
- ▶ **Parenting From Surviving to Thriving** - Charles Swindoll
- ▶ **Raising Great Kids on Your Own** - David & Lisa Frisbie
- ▶ **Tony Evans Speaks Out on Single Parenting** - Tony Evans
- ▶ **The Single Dad's Survival Guide** - Michael Klumpp
- ▶ **The Challenge of Single Fathering** - Focus on the Family Radio Broadcast - Dr. James Dobson
- ▶ **Breakthrough Parenting** - Dr. Jayne Majors
- ▶ **Catch Them Being Good (Pdf)** - Dr. Jayne Majors
- ▶ **Bringing Up Girls** - Dr. James Dobson
- ▶ **Sacred Parenting** - Gary L. Thomas
- ▶ **Sticking With Your Teens** - Joe White
- ▶ **Teaching Kids About God** - John Trent, Rick Osborne & Kurt Bruner
- ▶ **The Most Important Place on Earth** - Robert Wolgemuth
- ▶ **She Calls Me Daddy** - Robert Wolgemuth
- ▶ **101 Ways to be a Long Distance Super Dad or Mom Too!** - George Newman

At Keeping Families Connected we are committed to providing you the best resources for your journey to healing. The books on our list are there because we have either personally read them or trust the author, based upon personal knowledge, to provide you with the best information available in their specific area of expertise. This list is in no way exhaustive but it is a start.

Thanks for your faithful support. Please keep in mind that if you purchase the books through the amazon link on the [resources page](#) of our website you are helping support families affected by divorce and parental alienation.

Thanks for letting us be a part of your journey.

Sincerely,

Rick and Barb