



## Help and Hope: For Adult Children of Divorce

*Serenity*

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A growing number of long-married adults are divorcing, leaving their own adult children in the wake of their decisions. If you see yourself or someone you know and love in the descriptions below, this book is for you:

You just learned that your parents are going to get a divorce. You are devastated and feel alone. Is there help for you to make sense of what you are feeling and dealing with, as an adult child?

You are trying to keep your adult life together, amidst the new challenges and strain of having parents that recently divorced. While your life will never be the same, is there hope for peace, in spite of unwanted change?

Adult Children of divorcing parents experience the stages of grief in unique ways. There are helpful ways to cope and hopeful ways to view the future.

After finding myself an adult child of divorce at the age of 43, I sought help and found hope. Appreciating so much the people who helped me move toward healing, and not wanting others to feel alone in this journey, I began a blog and was encouraged to write a book that could come along side other ACODs to provide practical advice and wise Christian counsel.

My prayer is that this handbook for the hurting adult child of divorce will meet a need in the life of each one who ponders the lessons we can learn as we face this unique life experience.

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### **From reader reviews:**

#### **Wilhelmina Kane:**

The knowledge that you get from Help and Hope: For Adult Children of Divorce may be the more deep you looking the information that hide inside words the more you get considering reading it. It doesn't mean that this book is hard to understand but Help and Hope: For Adult Children of Divorce giving you thrill feeling of reading. The article author conveys their point in selected way that can be understood by means of anyone who read this because the author of this book is well-known enough. That book also makes your own vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having that Help and Hope: For Adult Children of Divorce instantly.

#### **Jon Gonzalez:**

Information is provisions for anyone to get better life, information nowadays can get by anyone in everywhere. The information can be a understanding or any news even an issue. What people must be consider whenever those information which is inside former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you obtain the unstable resource then you have it as your main information you will have huge disadvantage for you. All those possibilities will not happen with you if you take Help and Hope: For Adult Children of Divorce as the daily resource information.

#### **Tammy Campbell:**

A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book you read you can spent all day long to reading a guide. The book Help and Hope: For Adult Children of Divorce it doesn't matter what good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not too expensive but this book provides high quality.

#### **Kathryn Hebert:**

What is your hobby? Have you heard that question when you got students? We believe that that problem was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. So you know that little person such as reading or as looking at become their hobby. You must know that reading is very important as well as book as to be the thing. Book is important thing to include you knowledge, except your current teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you choose to adopt be your object. One of them is Help and Hope: For Adult Children of Divorce.

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