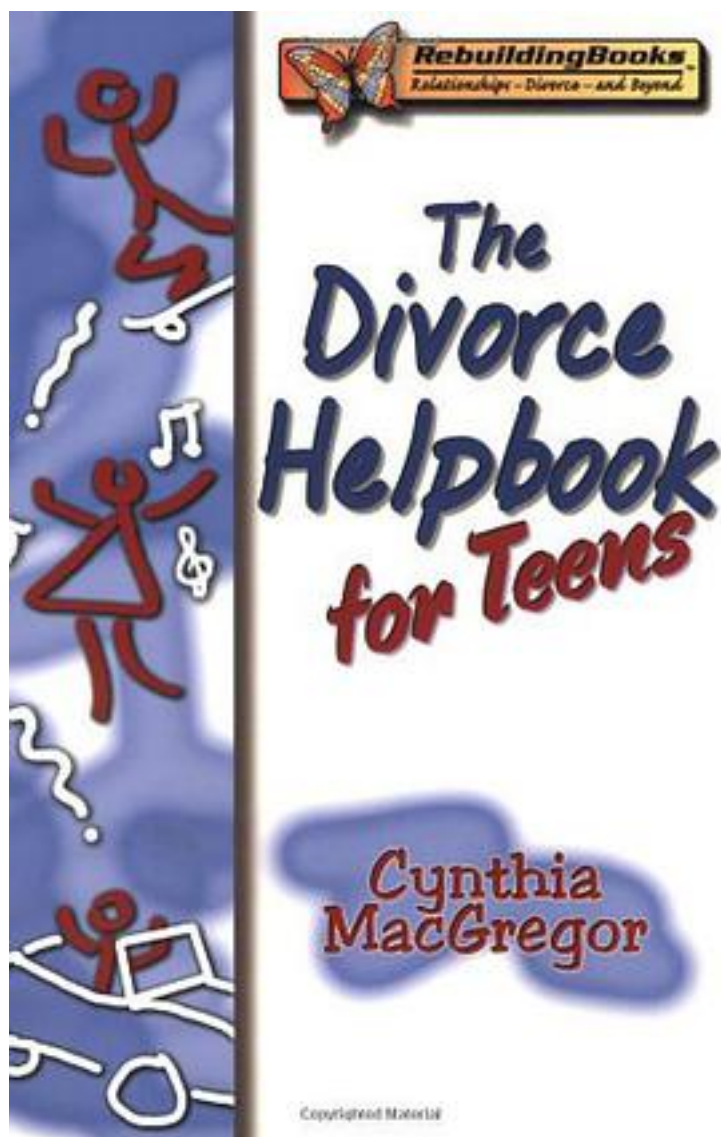


Divorce Helpbook for Teens



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著者:MacGregor, Cynthia

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The popular author of THE DIVORCE HANDBOOK FOR KIDS is back with an all-new resource for teenagers in divorced and divorcing families. MacGregor knows that divorce can be especially tough on teens, and her warm and friendly guide offers a helping hand to teens struggling to answer the tough questions when their parents divorce: Why do parents get divorced? How will the divorce change our lives? What can I do to feel less depressed? Whom can I talk with about my problems? What's likely to happen next? How do you tell absent parents that they don't visit often enough? How do you say "no" to parents who want you to carry messages to, or spy on, the other parent? What is there to talk about when you visit a parent who's moved away? Packed with vignettes, strategies, and solid advice, The Divorce Helpbook for Teens is a resource teens will keep in their backpacks, on their bedside tables, and in their hearts as they go through the difficult times surrounding a family breakup. As MacGregor wisely counsels her readers: "You can't undo the divorce, but you can change some of the hassles that resulted from it."

作者介绍:

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