



# 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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## Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted By Beverly Engel M.F.C.C.

"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](http://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**

**From reader reviews:**

**Claire Underwood:**

Book is to be different per grade. Book for children until finally adult are different content. As you may know that book is very important usually. The book *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* ended up being making you to know about other understanding and of course you can take more information. It is quite advantages for you. The reserve *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* is not only giving you far more new information but also to be your friend when you truly feel bored. You can spend your current spend time to read your guide. Try to make relationship with all the book *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted*. You never sense lose out for everything should you read some books.

**Sharron Marty:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a reserve. The book *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can more simply to read this book from your smart phone. The price is not too costly but this book offers high quality.

**Adrian Johnson:**

Do you really one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Attempt to pick one book that you just dont know the inside because don't evaluate book by its cover may doesn't work is difficult job because you are afraid that the inside maybe not while fantastic as in the outside appear likes. Maybe you answer could be *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* why because the amazing cover that make you consider concerning the content will not disappoint anyone. The inside or content will be fantastic as the outside or even cover. Your reading sixth sense will directly make suggestions to pick up this book.

**Harold Thompson:**

A number of people said that they feel fed up when they reading a guide. They are directly felt the item when they get a half portions of the book. You can choose often the book *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* to make your own personal reading is interesting. Your own skill of reading ability is developing when you just like reading. Try to choose very simple book to make you enjoy to read it and mingle the opinion about book and looking at especially. It is to be initially opinion for you to like to wide open a book and learn it. Beside that the book *Divorcing a Parent: Free Yourself from the Past and Live the Life You've Always Wanted* can to be your brand new friend when you're sense alone and confuse using what must you're doing of these time.

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