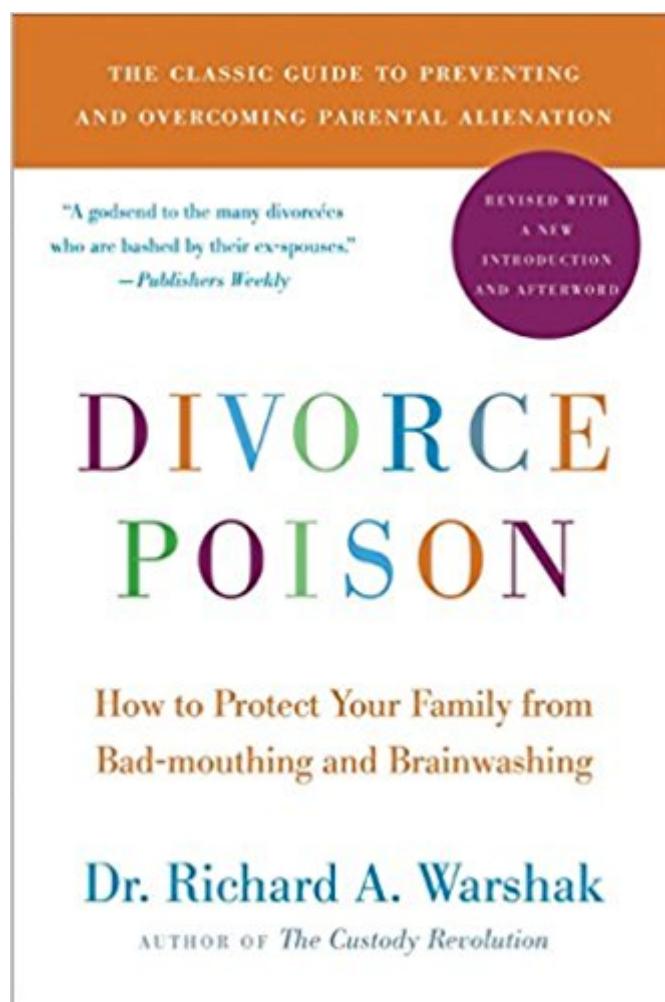


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# Divorce Poison New And Updated Edition: How To Protect Your Family From Bad-mouthing And Brainwashing



## **Synopsis**

Your ex-spouse is bad mouthing you to your children, constantly portraying you in a negative light, perhaps even trying to turn them against you. If you handle the situation ineffectively, your relationship with your children could suffer. You could lose their respect, lose their affections—even, in extreme cases, lose all contact with them. The conventional advice is to do nothing, that fighting fire with fire will only result in greater injury to the children. But after years of consulting parents who heeded such advice with no success, Dr. Richard Warshak is convinced that this approach is wrong. It doesn't work, and parents are left feeling helpless and hopeless. **DIVORCE POISON** instead offers a blueprint for effective response. In it, you will learn how to distinguish different types of criticism, how and why parents manipulate their children, how to detect these maneuvers, and how these practices damage children. Most importantly, you'll discover powerful strategies to preserve and rebuild loving relationships with your children. **DIVORCE POISON** is a time-tested work that gives parents powerful strategies to preserve and rebuild loving relationships with their children—and provides practical advice from legal and mental-health professionals to help their clients and safeguard the welfare of children. Whether they are perpetrators of divorce poison, victims of it, or both, parents who heed Dr. Warshak's advice will enable their children to maintain love and respect for their parents—even if their parents no longer love and respect each other.

## **Book Information**

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## **Customer Reviews**

In **Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex**, Richard A. Warshak (The Custody Revolution) offers guidance to parents whose exes portray them to their children in a

negative light, whether it's mild, off-the-cuff badmouthing or systematic character assassination. Common psychological wisdom, besides recommending that parents avoid fighting fire with fire, suggests doing nothing. But Warshak has witnessed the feelings of powerlessness and the increasing difficulties that come from doing nothing. So he provides "a blueprint for an effective response grounded in a solid understanding of the techniques and dynamics of parents who poison their children's relationships with loved ones." After describing numerous nuances of inter-parental malignity (brainwashing, false abuse accusations, revisionist history, etc.), Warshak moves on to "Poison Control," both independently and with the help of professional counselors. This book will seem a godsend to the many divorcees who are bashed by their ex-spouses. (Regan Books, \$26 304p ISBN 0-06-018899-5; Jan.)Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Some level of animosity is typical in divorce, but when parents let those feelings degenerate into bad-mouthing, bashing, or brainwashing, they run the risk of emotionally damaging their children, according to child psychologist Warshak. He looks at the poisonous relationships that develop when parents carry criticism of their ex-spouses too far: parents and children estranged from one another, protracted and bitter custody and visitation battles, and even ruined relationships with the extended families. He uses case studies to illustrate how parents--sometimes unconsciously, sometimes deliberately--force children to choose between them and turn against the other parent. He describes a range of difficulties, from tainted parent-child relationships to an emotional disturbance known as parental alienation syndrome. Warshak offers strategies for parents to examine their motivations when they speak against a former spouse, to curb negative impulses, and to repair damage that may already have been done. Useful resource for families dealing with divorce and child rearing. Vanessa BushCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

If your ex is a high conflict person, this book normalizes what could be normal conflict and gives tools for minimizing the damage that could come from high conflict relationships. This is a must read for all those Dads out there that are getting pushed out of their kids lives. (I know it happens to women as well, but the courts traditionally only give a Dad every other weekend and maybe a day during the week, I think the time restraint alone leaves Dads more vulnerable for divorce poison) The traditional response to give up and wait till the kids are older is a huge risk for a future relationship with them, not to mention the loss of your children's childhood with you. This book gives

you the tools to be a positive person in your children's hearts regardless of what anyone else says about you. All kids deserve to have a mom and a dad along with the families each have on both sides!

I met Dr Warshack and he recommended this book to me for my divorce. Every parent coordinator I know has it on their book shelf. Divorce Poison is a must read. My particular most used piece of advice is if your ex lies to your children about you you have to correct the lie. It is more important to correct the lie then trying not to speak negative about your co-parent. You don't have to overdo it but the lie must be corrected.

A mother knows no greater fear than a threat to the safety of her children. She knows no deeper grief than to see them hurt. They are simply a part of her. A bond between a mother and her children is nothing short of sacred. The damage PA inflicts on this bond is unimaginable. The work Dr Warshak has accomplished through 'Divorce Poison' and 'Pluto' program is reversing the effects of this despicable cultural trend. It is a prescription for peace. It should be required reading for anyone in an position of authority or influence in the lives of children dealing with divorce. My hope is that anyone reading it buys a second copy to pass along to a society that desperately needs this information. Most importantly, 'Divorce Poison' provides HOPE and the concrete tools alienated parents/children need to survive. Speaking for myself as a mom, this book literally yanked me out of hopelessness and grief. The knowledge that I was not alone, my instincts finally validated, I was able to step off the emotional roller coaster, gain perspective, and love my children in a different but much more effective way. IT WORKED!!! My son, who has not spoken to anyone in my family in 9 months, is here with me, at this very moment as I write this, but it's a long overdue beautiful day in Western NY and we are going to take the horses for a long overdue ride. I can think of no better testimony than that.

A masterpiece on the subject of parental alienation. Easy to read, with helpful tips. So clearly explains what happens. Should be read by everyone working with kids. Also read his excellent latest paper, available at his website, presented by the authority of the Texas State Bar. Parental Alienation is in the DSM, including as child abuse. For further research look for online papers by "Amy J. Baker William Bernet parental alienation," "Linda Gotlieb parental alienation," Craig Childress parental alienation," "Jayne Major parental alienation," 'Sue Cornbluth YouTube parental alienation," and "Amy J Baker."

In my situation where my kids barely speak to me, let alone see me, where our family therapist gave up working with us, after hearing from my attorney, my private therapist, and my children's former guardian ad litem that the best I can hope for is that the kids "may" come around when they are older and more mature and independent, this book was a breath of fresh air. Its value to me is in that it offers 1) the idea that doing nothing and hoping that things change is not only not a sound strategy but may be counterproductive; and 2) some tips on how to counter parental alienation. My major disappointment is that there is no silver bullet at the end of the book that will help me "win this battle," but that's possibly because no such bullet exists, and this is a battle that has to be waged slowly and deliberately. And then, it still may not work. But at least there's hope, and the book validates my feeling (which runs counter to what I'm hearing from everyone around me) that I should still be trying to do something, rather than just wait it out in the absence of substantive contact with my children. I'm now reading this book a second time, this time with pencil in hand, to highlight important sections and "things to do."

Book was well written and very steady to read. Practical and useful information as well as insightful. Absolutely surreal how many of the vignettes in the book mirrored my personal situation. Would highly recommend this for all people going through a divorce, irrespective of if it is smooth or contested, to see what to avoid or, unfortunately, maybe what to expect. Also feel that this is a must read for judges to help them understand how their decisions can impact broken family units forever

This book opened up a whole new world of information to me and after reading it, I felt like a blind person who could now see what had been crashing into me and knocking me down for years - almost crippling me. It was equally cathartic, enlightening, informative and empowering. Also, have your child/ren view "Welcome Back Pluto: Understanding, Preventing and Overcoming Parental Alienation", in its entirety, including EVERY component on the dvd. If they are resistant, bribe them. For me, after we watched, I witnessed a remarkable transformation (which became more apparent over the course of 2 day) that I can only describe as miraculous.

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