



## The Good Divorce

By Constance Ahrons

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It's never too late to have a good divorce

Based on two decades of groundbreaking research, *The Good Divorce* presents the surprising finding that in more than fifty percent of divorces couples end their marriages, yet preserve their families. Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family--one that spans two households and continues to meet the needs of children.

*The Good Divorce* makes an important contribution to the ongoing "family values" debate by dispelling the myth that divorce inevitability leaves emotionally troubled children in its wake. It is a powerful tonic for the millions of divorcing and long-divorces parents who are tired of hearing only the damage reports. It will make us change the way we think about divorce and the way we divorce, reconfirming our commitment to children and families.

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## The Good Divorce By Constance Ahrons Bibliography

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## Editorial Review

From Library Journal

Expect a big promotional effort on this book, which argues that sometimes divorce isn't so bad for the children-if you follow a few simple rules.

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From [Booklist](#)

Nothing is likely to make divorce pleasant or easy, but Ahrons' landmark longitudinal study of randomly selected postdivorce families offers hope that splitting spouses may be able to handle their breakup in a way that will permit both "adults and children [to] emerge at least as emotionally well as they were before the divorce." Ahrons blends insights from her own research and a cross-national European study as well as 25 years as a therapist to dispel myths, establish useful typologies, articulate the challenges divorcing spouses face, and suggest steps to make a "good divorce" more likely. Central to Ahrons' analysis is the recognition that what she calls "binuclear families" are now more common in the United States (and some other industrialized nations) than the traditional two-adults-with-children model. In either of these structures, "the psychological health of the children depends hugely on the way the spouses--or exspouses [*sic*]-get along." Though "family values" fundamentalists will object to the idea that "binuclear families" can ever be normal and healthy, *The Good Divorce* offers advice and explanations to troubled couples for whom "staying together for the sake of the children" is not a healthy or viable option. *Mary Carroll*

Review

"A blueprint, a lifeline, a survival guide for navigating the divorce process and beyond that, a new way of thinking."-- Harriet Lerner, author of "The Dance of Anger "An eloquent book that speaks directly to the needs of families."-- "Family and Conciliation Courts Review""Intelligent, scholarly, and wonderfully readable."-- Olga Silverstein, author of "The Courage to Raise Good Men

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