



Recommended Reading

Books about divorce and relationship breakdown



Restored Lives: Recovery from Divorce and Separation

By Erik Castenskiold

The book that accompanies the course. It includes all the key topics we cover during the course and offers real-life stories from previous participants, sharing their experiences and how they navigated this difficult part of their lives.



Rebuilding When Your Relationship Ends

By Dr Bruce Fisher & Dr Robert Alberti

Rebuilding features Bruce Fisher's "divorce process rebuilding blocks," a proven effective, nineteen-step process for putting one's life back together after divorce.



Moving On

By Suzie Hayman

In the Relate Guide to Moving On, Suzie Hayman draws on her many years as a Relate marriage counsellor and provides information, advice and practical strategies to help you cope with the stress of breaking up with your partner.



The Divorce Doctor

By Francine Kaye

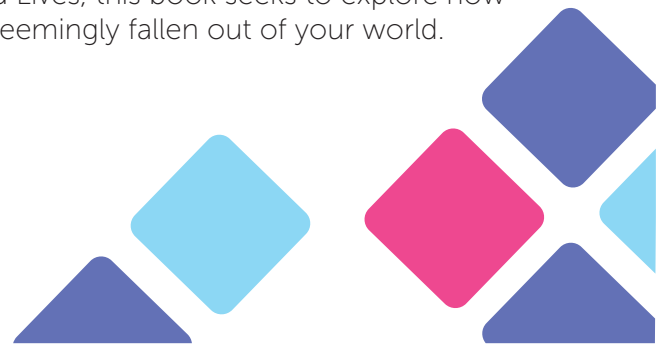
With sound, understanding advice, she offers financial, emotional, mental and physical stability and can save you heartache, hardship and stress, using her own experiences of a long, painful divorce to help you and those you care about back on the right path.



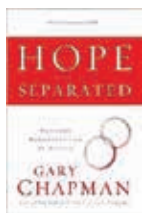
Surviving Separation and Divorce: Dealing with divorce day-to-day

By Ruth Clements

Written by a previous participant of Restored Lives, this book seeks to explore how you can keep going when the bottom has seemingly fallen out of your world.



Books for those seeking to rebuild their marriage



Hope For The Separated

By Gary Chapman

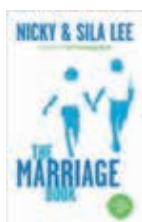
Hope for the Separated will show you through God's Word that marriages can be restored. Recognizing that restoration will not happen for everyone, Dr. Chapman also gives insightful advice for those who experience the pain of divorce.



The Five Love Languages

By Gary Chapman

Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner--starting today.



The Marriage Book

By Nicky and Sila Lee

How can we be happily married to one person for the whole of our lives? Full of practical advice, this best-selling book is easy to read and is designed to prepare, build and even mend marriages.



Loving Against The Odds

By Rob Parsons

With humour and honesty, the book deals with issues that are relevant to every marriage, including; communicating more effectively, overcoming financial pressure, why interest in sex sometimes dies, the affair, and dealing with conflict.

Books about forgiveness

Total Forgiveness

By R.T. Kendall

This book, explains what God calls for as 'total forgiveness'. No sin or action is unforgivable, says R. T., and we are called to keep no record of wrongs, to refuse to punish those who have hurt us, to show mercy and to avoid any form of bitterness.



Forgiveness is Really Strange

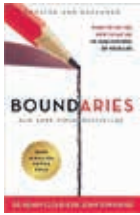
By Masi Noor and Marina Cantacuzino Art by Sophie Standing

What can the latest psychological research tell us about the nature of forgiveness, its benefits and risks? This imaginative comic explores the key aspects of forgiveness, the health benefits and restorative potential of forgiveness.

It explains what happens in our brains, bodies and communities when we choose to forgive.



Books about boundaries

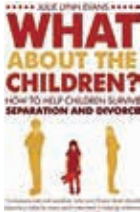


Boundaries

By Dr Henry Cloud and Dr John Townsend

Boundaries is the book that's helped over 4 million people learn when to say yes and know how to say no in order to take control of their lives.

Books about children, parenting and childlessness



What about The Children?

By Julie Lynn Evans

More than 28% of children in the UK are affected by the separation of their parents. In this book, Julie Evans advises on children of all ages helping parents to understand their child's reactions and provides tips on listening and reacting.



Helping Children Cope With Divorce

By Dr Edward Teyber

Named One of the 10 Best Parenting Books of the Year by Child Magazine, this revised edition teaches you to minimize stress during initial breakups and ultimate separation, explain divorce so children don't blame themselves, protect children



What About the Kids? Raising Your Children Before, During, and After Divorce

By Judith Wallerstein and Sandra Blakeslee

The groundbreaking handbook that helps parents guide their children through divorce and co-parenting -- including the introduction of step-parents -- from a New York Times bestselling author and child psychologist.



Putting Children First: A Handbook For Separated Parents

By Karen & Nick Woodall

Children living in separated family situations fare best when their relationship with each of their parents continues to be close. Putting Children First helps mothers and fathers unlock and resolve the conflict around contact with children that can arise during and after separation.

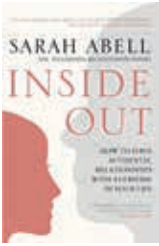


Living the Life Unexpected: How to find hope, meaning and a fulfilling future without children

By Jody Day

In Living the Life Unexpected, Jody Day addresses the experience of involuntary childlessness (including relationship breakdown aka social infertility) and provides a powerful, practical guide to help those negotiating a future without children come to terms with their grief; a grief that is only just beginning to be recognised by society.

Books about other relationships



Inside Out: How To Have Authentic Relationships With Everyone In Your Life

By Sarah Abell

Are your friendships as strong as you'd like them to be? Are you struggling with a relationship at the moment? Would you like to understand those around you better? Full of practical advice, it will show you how to invest in authentic relationships - one of the most rewarding adventures we can ever undertake.



It's Just a Date

A fabulous new guide to dating. Whatever happened to dating? There was protocol. A standard set of guidelines to follow for this age-old ritual. These days who even knows what dating is? This book gives you tools, not rules that you can use, while also opening you up to new ideas about how to date and who might be right for you. from parental hostilities, and navigate conflicts of loyalty and alliance.



How To Get A Date Worth Keeping: Be Dating In Six Months Or Your Money Back

by Henry Cloud

This book is for you if you want to get more dates or better dates; you wonder where "the good ones" are; You keep repeating the same cycle in your dating life and want to change; you're attracted to the wrong kind; you're waiting for God to bring you the right person—and you've been waiting an awfully long time. Dr. Henry Cloud shares his proven, very doable, step-by-step approach to overcoming your sticking points and getting all the dates you could want.