



# Custody Chaos, Personal Peace: Sharing Custody with an Ex Who Drives You Crazy

*Jeffrey P. Wittman*

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This empowering guide is an inspirational roadmap for the millions of men and women navigating a rocky relationship with a former spouse-while trying to maintain a healthy atmosphere for their child. Topics include:

- \* The 7 strategies for peace when an ex refuses to change
- \* Skills for taming former in-laws
- \* Ways to help children cope with a difficult parent
- \* Strategies and alternatives for focusing anger
- \* How to avoid hot-button issues
- \* How to nudge an ex to change for the better
- \* Ways to deal with children's questions and confusion
- \* The new partner's role in the old partner's shadow

This is the book for every frustrated parent coming out of a divorce who needs support in setting things right-the healthy, sensible, and sane way.

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