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The Long Way Home: The Powerful 4-Step Plan for Adult Children of Divorce

M. Gary Neuman

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How adults can heal the pain caused by their parents' divorce—from *New York Times* bestselling author Gary Neuman

Millions of adults were children of divorce—and while a few have found closure and healing, many continue to struggle with the trauma of their parents' divorce, commonly even 20, 30, or 40 years after it happened. If you are experiencing some of the common reactions to divorce, including issues of trust, ongoing sadness, and the feeling that you can't shake your past, then you are likely still suffering from the pain of your parents' divorce. This book is designed to help you rebuild your past, regardless of how long you have felt unable to do so. Licensed family counselor Gary Neuman has worked successfully with many adult survivors of parental divorce. In this book, he presents a new, proven program to help you see and understand your past in order to let go of the pain of your parents' divorce and transform both your present and your future.

- Presents a proven, 4-step process that will help you re-experience your past and understand it in a new, more objective way
- Guides you through major issues that can affect adult survivors of divorce, such as finding peace with your parents and getting comfortable with love
- Written by the *New York Times* bestselling author of *The Truth About Cheating* and *Helping Your Kids Cope with Divorce the Sandcastles Way*

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