

# My Ex Is Driving Me Crazy - Aleta Koman

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"We were legally divorced but not emotionally divorced. We were in each other's life on a daily basis, and the only winners were the lawyers." -Sandra "My ex-wife alienated the kids, denied them any access to me, and did everything possible to limit my role as a father." -Bob" It drove me crazy with fear, doubt, and insecurity. The financial and emotional toll was high. The fallout on our child was totally unnecessary." -Hallie "I'm stuck to Jeff even though I'm trying to pull away, and the harder I try to pull away, the worse I'm stuck." -Ariel Sound familiar? For many people, the end of a marriage does not mean the end of dealing with their difficult, demanding, vengeful, or even dangerous ex-spouses. In *My Ex Is Driving Me Crazy*, family therapist Aleta Koman, M.Ed., and Edward Myers provide useful advice about dealing with the lasting burdens that can result from these conflicts. They offer tips and real-life examples that will teach you how to: Stop the denial; Get a grip on guilt; Improve communication; Master the art of damage control; and Keep your kids out of it. You'll find help and long-term strategies for coping with the fallout of divorce. This book is the first of its kind to offer counsel, specific recommendations, and reassurance on how to contain your ex's behavior, disengage from pointless conflicts, and move on to a healthier, happier life. Author: Koman, Aleta Publisher: Adams Media Illustration: N Language: ENG Title: *My Ex Is Driving Me Crazy* Pages: 00288 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781598692662 Category: Family & Relationships : Divorce & Separation

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