



Los Hijos Y El Divorcio

Nicholas Long, Rex Forehand

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Cómo ayudar a tu hijo de la forma más adecuada durante el proceso de divorcio. Este libro está lleno de métodos prácticos, eficaces y de gran utilidad para ayudar a tu hijo a acostumbrarse y a hacer frente al mayor cambio de su vida. Esta información te permitirá minimizar los efectos negativos del divorcio sobre tus hijos. Escrito por dos prestigiosos psicólogos, el libro está basado en los estudios más recientes sobre el tema y las opiniones de grandes expertos en este cambio, para guiarte desde la planificación de tu divorcio hasta el momento de comunicárselo a tus hijos, desde cómo establecer las visitas y los asuntos económicos hasta cómo planificar el futuro (y cuidar de tu propio bienestar en este proceso). Aquí encontrarás una gran variedad de técnicas y consejos valiosos, como: • 50 estrategias probadas para ayudar a tus hijos a adaptarse al divorcio. • Los últimos descubrimientos científicos disponibles y accesibles para los padres. • Cómo saber si tus hijos necesitan ayuda profesional. La mayoría de los problemas que se presentan en torno al divorcio son difíciles pero no imposibles de superar. Con este libro podrás afrontar el cambio de la manera menos dolorosa.

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