



Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing

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Your ex-spouse is bad mouthing you to your children, constantly portraying you in a negative light, perhaps even trying to turn them against you. If you handle the situation ineffectively, your relationship with your children could suffer. You could lose their respect, lose their affections-even, in extreme cases, lose all contact with them. The conventional advice is to do nothing, that fighting fire with fire will only result in greater injury to the children. But after years of consulting parents who heeded such advice with no success, Dr. Richard Warshak is convinced that this approach is wrong. It doesn't work, and parents are left feeling helpless and hopeless. DIVORCE POISON instead offers a blueprint for effective response. In it, you will learn how to distinguish different types of criticism, how and why parents manipulate their children, how to detect these maneuvers, and how these practices damage children. Most importantly, you'll discover powerful strategies to preserve and rebuild loving relationships with your children.

DIVORCE POISON is a time-tested work that gives parents powerful strategies to preserve and rebuild loving relationships with their children-and provides practical advice from legal and mental-health professionals to help their clients and safeguard the welfare of children. Whether they are perpetrators of divorce poison, victims of it, or both, parents who heed Dr. Warshak's advice will enable their children to maintain love and respect for their parents-even if their parents no longer love and respect each other.

Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing **Details**

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From Reader Review Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing for online ebook

Lindsay Person says

I emailed the author and he actually wrote me back!!! He recommended a Seattle based therapist for my son. His insights on my unique (as everyone's story is) situation were heartfelt and thorough.

My copy was given to me by a best friend pre underlined/ highlighted and sticky tabbed. She was aware I would rely on it and reference it daily before I was aware how much I needed to have it!

At times I felt both sides of an issue were presented as equally true/valid/good/bad. Which emphasized for me how complicated the issue is.

An unexpected take home lesson was that sometimes talking about the other parents is okay and even necessary. If we don't do it our kids may think everything the other parent says about the other it 100% true. Not bashing. Just speaking and sharing some personal feelings.

Also just acknowledging to our children this may not be fun, it may not feel right or good to them or to us. And just letting that marinate as life goes on. And shockingly it does.

Charlie says

I am a practicing family law lawyer and was referred this book by a client. It was very helpful for me to understand parental alienation better and to give my clients some tools to help them fight it when I spot it. In fact, if I think there is going to be some attempted parental alienation happening in my cases, I have my clients read the book from the start of the action. My only criticism of the book is that it gives sporadic advice throughout the book. I would have preferred that the advice was delivered with more structure--but that is just my preference. If anybody out there is having a problem with your "poisoning" your kids I recommend you get this book and tell your lawyer about it as well.

Lisa Thomson says

this is a must read if you're going through co-parenting nightmares. If your ex is possessive with the children Dr. Warshak offers tips on how to handle situations and how to tell the difference between normal behaviors and Parental Alienation. PA is a very destructive syndrome that some divorced parents will stoop to maintain their children's loyalty, at the other parents expense. This is a no nonsense guide on how to talk to your kids about it and preserve your relationship with your children in spite of it.

Carter Maysilles says

My sister was going through (and still is, to some degree) a horrible situation that involved parental alienation from her ex. We, as a family, had never heard of parental alienation, but knew that the ex was systematically brainwashing the 7- and 9-year-old girls into being scared of their mother (he told them that she was poisoning their food, that she was going to drive them into a lake if they got in her car, that she was a whore with any other male that she spoke too, etc.). It was working, because those little girls were truly horrified and scared of their own mother. By some miracle I stumbled upon this book, and we all read it

-- the entire family. You see, we were ALL victims of his poison, not just my sister. We were all being alienated from those girls, as we were the half of the family that was supposedly going to do all those horrible things to them!

Well, I am happy to report -- much to the advise and support and tips we received from this book -- that we were able to turn things around to a much more normal [miserable] divorce situation, instead of an abusive divorce situation. The girls are four years older now, and it was a tricky few years there, but they have a relationship with BOTH their mom and their dad now. We were able to help the girls learn and DECIDE FOR THEMSELVES without shoving anything down their throats about their father. It was so hard, because we were so angry at what he had done-- but the long, slow road was worth it.

I really wish that every family and/or divorce lawyer, every student that is studying social work, every child advocate and guardian ad litem would reads this book. I have run into so many people who have experienced different levels of parental alienation, yet don't know what to call it or what to do about it. This book gives some clear answers and some excellent advice.

John says

Finally! A book that advocates a parent standing up for themselves (appropriately) when the ex-spouse bad-mouths them to the children! Great new exploration of the kids-divorce dilemma.

Eric Ogilvie says

Excellent overall on aspects of divorce, especially when children are involved. Both broad and in-depth on very difficult subjects. Very enlightening. Given the subject matter and unique concepts it can take longer than average to read, but it is worth the time.

James says

This was an excellent book. I learned a tremendous amount about divorce poison and parental/pathological alienation syndrome. I would recommend this book to anyone that is going through a contentious divorce or who has suspected that their ex-spouse is engaged in a campaign of alienation. Divorce poison is, apparently, not something that should be taken lightly or allowed to continue without a prompt and direct response.

Janet Ferguson says

This book is a one-of-a-kind resource for any parent trying desperately to figure out how to extricate and protect a child from an alienating/brainwashing parent. The research is thorough and the advice is clear and well-organized. It is heartbreaking that we have a need for such a book. But, we clearly do and that need is increasing. I will recommend this book to many divorcing/divorced parents.

Missy Olive says

This book was a tough read for me. First, I ordered the book as part of my homework for my own book on Step Mommy Discipline. I am not really sure how it ended up in my Amazon Shopping Cart as it does not really relate to my research. Second, the book was hard for me because I'm a Bonus Mommy and watching what the kids (and their siblings) have been going through in recent months is extremely difficult at best.

Divorce Poison is not for parents (at least not in my professional opinion). The book is an excellent source of support for therapists, counselors, and even divorce attorneys. I do not think it is appropriate for parents because children are fragile. This book talks strategy for helping children who are experiencing divorce poison. I, quite honestly, don't think parents are equipped with the counseling/therapeutic skills to carry out the steps in the book without support from trained professionals.

If you are a parent and you are thinking about divorce, maybe you should read this book so you can see the potential damage that can happen to your child if you and your spouse do not behave responsibly.

Children are children to be loved and nurtured. Adults should not use them as pawns. Ever.

If you are a therapist, add this to your "to read" shelf. We must help parents behave responsibly as adults should.

Shanna says

I feel that all parents who are splitting up should be required to read this book. My step-daughter made false allegations of verbal and mental abuse against her father, in my opinion to appease her mother, as well as to get her way for other reasons. I don't believe this young lady has considered how her actions will negatively affect her life in the coming years, and I know it will.

I don't think she is truly prepared to really lose her father, her little sister (who fortunately won't remember her the longer time goes on), or other family members she loves and who love her.

I think it's awful when a child is instructed to lie, and/or prepped on what to say in Court because they want to appease a parent out of fear of that parent viewing them as a traitor.

I also think it's horrible when a child is willing to destroy a relationship because they feel it's the only way to get what they want.

Fortunately, Courts are seeing through the B.S. of these types of situations, and I have hope for a positive outcome in what my husband is dealing with.

This book is very eye-opening. I hope more people find it helpful:-)

Michele Siqueiros says

This book was the best gift I could've gotten during what was two of the worst/hardest years of my life as I watched my kids, and especially my son, become a pawn in his father's war against me. For two years my son refused to have a relationship with me. This book helped me understand what was happening and that I was not crazy. It gave me tools for staying committed to supporting and loving my kids through this. Thankfully my son is back. It has not been easy but if a book could literally save your life and give you hope - this one did.

Gary Nees says

Excellent for those divorcing with kids of any age

Before reading this book, the best advice I had gotten was to leave the kids out of it, which had been my goal when the divorce process started. Sometimes that is just not possible, especially if the other parent is waging a war against you via the kids. This is cutting-edge advice on how to heal that situation

Vicki Dull says

This has so much information in it - from why and how parental alienation occurs, to what one can do to help protect children from it, to what can be done to try to re-establish contact with adult children who are alienated. I found it to be not only a great source of understanding, but also of hope in the midst.

Erin Brady says

This is without a doubt a book every divorcing parent should read. A lot of books written about children and divorce talks about how the parents can work well together and what methods they can use to do that. This is the first book I've come across that talks about what happens when that solution doesn't work. It has the ability to open your eyes to how much damage a parent can cause a child if they don't learn how to cooperate and in what ways this damage is being caused. This book broke my heart but gave me a lot of insight into what to watch out for when it comes to children involved in a divorce.

Stacy Daniel says

We learned too late, unfortunately that staying silent against the poison from the other parent was not the answer. Thinking that you don't want to further implicate your child is your instinct. They are adults now and unfortunately our completely out of the grasp of recovery. But reading this book it was almost like it was written on our specific scenario. It was scary. Hopefully one day, the truth will be recognized.
