



# Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing

By Dr. Richard A. Warshak

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## Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing By Dr. Richard A. Warshak

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.

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*By Dr. Richard A. Warshak*

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### Editorial Review

From Publishers Weekly

In *Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex*, Richard A. Warshak (The Custody Revolution) offers guidance to parents whose exes portray them to their children in a negative light, whether it's mild, off-the-cuff badmouthing or systematic character assassination. Common psychological wisdom, besides recommending that parents avoid fighting fire with fire, suggests doing nothing. But Warshak has witnessed the feelings of powerlessness and the increasing difficulties that come from doing nothing. So he provides "a blueprint for an effective response grounded in a solid understanding of the techniques and dynamics of parents who poison their children's relationships with loved ones." After describing numerous nuances of inter-parental malignment (brainwashing, false abuse accusations, revisionist history, etc.), Warshak moves on to "Poison Control," both independently and with the help of professional counselors. This book will seem a godsend to the many divorcees who are bashed by their ex-spouses. (Regan Books, \$26 304p ISBN 0-06-018899-5; Jan.)

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From [Booklist](#)

Some level of animosity is typical in divorce, but when parents let those feelings degenerate into bad-mouthing, bashing, or brainwashing, they run the risk of emotionally damaging their children, according to child psychologist Warshak. He looks at the poisonous relationships that develop when parents carry criticism of their ex-spouses too far: parents and children estranged from one another, protracted and bitter custody and visitation battles, and even ruined relationships with the extended families. He uses case studies to illustrate how parents--sometimes unconsciously, sometimes deliberately--force children to choose between them and turn against the other parent. He describes a range of difficulties, from tainted parent-child relationships to an emotional disturbance known as parental alienation syndrome. Warshak offers strategies for parents to examine their motivations when they speak against a former spouse, to curb negative impulses, and to repair damage that may already have been done. Useful resource for families dealing with divorce and child rearing. *Vanessa Bush*

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Review

"A godsend to the many divorcees who are bashed by their ex-spouses." (Publishers Weekly)

"Divorce Poison is a must read for every parent involved in a hostile divorce." (Dr. John W. Santrock, professor of psychology, University of Texas at Dallas)

"With the wisdom and insight of years of professional experience, Dr. Richard A. Warshak shows parents how to avoid the painful repercussions that result when a child becomes the pawn of parental conflicts. If you're divorced and you love your child, read this book!" (Constance R. Ahrons, Ph.D., senior scholar Council on Contemporary Families, and author of *The Good Divorce*)

"An absolute must-read for any parent going through a divorce. Warshak lays bare the evils of parental alienation and gives readers the knowledge they need to defend themselves—and their children—against it." (Armin Brott, author of *The Expentant Father* and *The Single Father*)

“A breakthrough book. . . . Original, well-written, balanced, and filled with insights, it is perfect for any parent who has been the victim of bad-mouthing.” (Warren Farrell, Ph.D., author of Father and Child Reunion and Why Men Are the Way They Are)

“Divorce Poison is destined to become a classic. Dr. Warshak’s sympathy for mothers, fathers, and relatives struggling to maintain their children’s affection is outweighed only by his compassion for the children themselves.” (Michael Gurian, author of The Wonder of Boys)

“This book is a testament to Dr. Warshak’s vast experience, erudition, and deep commitment to the prevention, diagnosis, and treatment of the various categories of alienated children.” (Richard A. Gardner, M. D., clinical professor of child psychiatry, Columbia University College of Physicians and Surgeons, author of The Parental Alienation Syndrome)

“Offers valuable advice, especially for those times when the going gets tough with your ex. It also helps you understand and heal your own hurts without hurting the children you love.” (Susan Jeffers, Ph.D., author of Feel the Fear and Do It Anyway and I’m Okay . . . You’re a Brat!)

“Always painful, divorce can turn lethal when one parent attempts to poison the children against an ex-spouse. In this balanced, compassionate book, Richard Warshak offers vital advice to those caught in the emotional maelstrom of a bitter divorce.” (Mark Pendergrast, author of Victims of Memory)

## **Users Review**

### **From reader reviews:**

#### **Donald Howard:**

The book untitled Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing contain a lot of information on it. The writer explains the woman idea with easy technique. The language is very easy to understand all the people, so do not worry, you can easy to read the item. The book was compiled by famous author. The author provides you in the new age of literary works. It is easy to read this book because you can keep reading your smart phone, or gadget, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and also order it. Have a nice go through.

#### **Raymond Garza:**

You may spend your free time to read this book this reserve. This Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing is simple to bring you can read it in the park your car, in the beach, train along with soon. If you did not include much space to bring often the printed book, you can buy typically the e-book. It is make you better to read it. You can save often the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

#### **Sharon Baker:**

With this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple strategy to have that. What you have to

do is just spending your time not very much but quite enough to possess a look at some books. One of the books in the top collection in your reading list is *Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing*. This book that is certainly qualified as *The Hungry Mountains* can get you closer in growing to be precious person. By looking upwards and review this book you can get many advantages.

**Sherry Francis:**

That guide can make you to feel relax. This book *Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing* was multi-colored and of course has pictures around. As we know that book *Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing* has many kinds or category. Start from kids until youngsters. For example *Naruto* or *Investigation company Conan* you can read and believe you are the character on there. So , not at all of book usually are make you bored, any it can make you feel happy, fun and rest. Try to choose the best book for you and try to like reading that will.

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