

**THE 7 FATAL MISTAKES DIVORCED AND SEPARATED PARENTS MAKE:
STRATEGIES FOR RAISING HEALTHY CHILDREN OF
DIVORCE AND CONFLICT
by Shannon Rios, MS, LMFT**

Parent Reveiws:

This book is a key practical tool for parents when life is in crisis. It will help to ensure that our unresolved issues start healing and do not dim the possibility of a joyful and creative life for our children. I truly thank you for gifting this book to the world.

Candice Bataille Popiel, coparent of a 7 and 8 year-old and co-author of *Discovery of Glow*

As a mother of a 7 yr. old, going through a divorce, my main concern is the well-being of my child. This book was a godsend! It has helped me be the best mom for my son, while going through this difficult process."

Katy, mother of a 7 yr old.

I am just finishing a divorce, and Shannon's book helped to avert the worst fallout for all involved. She had identified the situation for our children 100%, and the book changed not only the way the children were parented during the divorce, but the way they will be from now on. This book is the best preparation on becoming a co-parent, it lets you see a lot of what will happen from the children's point of view. I would get it early in the divorce process to give you the best preparation!

Todd Kurshner, Father

This book offers very clear, concise insight into the challenges of raising a child with a co-parent. It offered me some great strategies to improve my parenting and provide a healthy environment for my child. I strongly recommend this book to anyone in a co-parenting situation and who is wants to raise emotionally healthy children.

Phillip Hilgert, Father

Therapist Reviews:

*Shannon Rios' personal experience, research, and professional expertise offer compassion and respect to divorced and separated parents. If parents read *The Fatal 7 Mistakes* and apply all the practical tips this book offers, they will get along better with their parenting partners, heal from their divorce faster and help their children come through the divorce with their self-esteem intact. This book will help ensure families achieve emotional health despite these life-changing events. ---*

Jody Johnston Pawel, author of the award-winning book *The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family*

This wonderful book should be required reading and writing for every divorced or never married parent. It also should be on the bookshelf of every mediator, counselor or attorney helping separated parents raise happier kids.

Dr. Shirley Thomas, *Two Happy Homes: A Working Guide for Parents & Stepparents After Divorce and Remarriage* and *Parents are Forever: A Step-by-Step Guide to Becoming Successful Coparents After Divorce*

"Shannon comes from personal experience and from the heart in her deep desire to help children of divorcing parents. Parents - read this book! You CAN move through the divorce process without injuring your children!"

Margaret Paul, Ph.D., author/coauthor of *Healing Your Aloneness*, *Inner Bonding*, *Do I Have To Give Up Me To Be Loved By You?*, and *Do I Have To Give Up Me To Be Loved By God?*

For the divorced or separated parent who wants to raise emotionally safe and secure children: this book could be exactly what you are looking for. This book was easy to read, yet practically applicable, capable of bringing out the subtle actions and words that parents, hurting from their own divorce experience, may not realize are inadvertently hurting their children.

David Meggitt, Manager, Colorado Children's Program Betty Ford Institute

"As a professional mentor and coach for children, I have found "The 7 Fatal Mistakes" to be of great help to both me and the children I work with. Many of these children are witnessing the separation or divorce of their parents and Shannon's book has helped me understand on a much deeper level what these kids are going through. Within 10 minutes of picking up the book I felt armed with knowledge and skills that I applied with a child, and it helped right away! Thank you Shannon for helping me do my best work with these children".

Dace Price, Male Health Advocate - Youth and Family Services

As Director of Stepfamily Associates I've worked with separated parents for 30 years. The most crucial things for kids is for their parents to DECIDE to learn to work together and this book helps. I've been interviewing parents who've been separated for 10 and up to 40 years and they have wonderful stories of how they have learned to work together and now feel like kin as their grandchildren are born. This book helps parents realize that no matter how they feel at the start of the separation, they will have a relationship of some kind for the rest of their lives. Kids need parents who are speaking respectfully to one another - whether they are together or apart. This book will help parents learn how to get on the same page.

Judy Osborne, Director Stepfamily Associates

Divorced and divorcing parents and their children, regardless of age, will see themselves in this book. They will also recognize the author knows how easy it is to be ensnared in the traps she describes and how difficult it is to avoid them. She provides many prompts for improving self-awareness and exercises to aid management of tendencies harmful to children. Those able to follow at least some of her suggestions should be richly rewarded by improvement in the health and happiness of their children as well themselves.

Bonnie W. Camp, MD, PhD, Professor Emeritus, Pediatrics and Psychiatry
University of Colorado School of Medicine

Parents of separation, divorce and conflict will find this book an invaluable and treasured guide—it's filled with heart-felt, sage, and practical advice. Shannon Rios shows parents how to ask themselves and their children questions that optimize healing and growth, even during times of conflict and difficulty. Children whose parents read this book will be lucky indeed!"

Marilee Adams, Ph.D. Author, *Change Your Questions, Change Your Life: 10 Powerful Tools for Life and Work*

Every so often someone comes along with the rare ability to see things differently and in doing so, changes our lives forever. Suddenly, issues that seemed so difficult to understand and actions that seemed too painful to take, begin to open up to an entirely new understanding that shifts our consciousness and heals our soul! It is this clarity of vision that Shannon Rios brings to her latest work. You owe it to yourself to read this powerful new book but more importantly, you owe it to your children.

Jeffrey Alan Hall, Author Speaker Teacher, www.jeffreyalenhall.com, *A Course in Miracles*

Attorney Reviews

This book is outstanding! It contains not only extremely valuable information every parent facing divorce needs to know, but it also is full of practical tools for minimizing the impact of divorce on children. I highly recommend it.

Judge Stephen A. Groome, District Judge, 11th Judicial District, State of Colorado

Don't let the word Fatal in the title scare you, when you look inside, you will find Shannon Rios's book to be one of the best parenting after divorce books ever written. She has understanding, compassion, and an uncanny understanding of what children – and parents – need. I have seen many divorce books during the past 25 years, and while they are all helpful in varying degrees, if every parent could read Shannon's book, most of the problem suffered by children as an outcome of their parents' divorce would be substantially eased. This book should be required reading in all divorce classes."

David L. Levy, Esq., President, Board of Trustees, Children's Rights Council

This book is a must-read for parents contemplating divorce, those already in the divorce process and those who have a parenting plan in place. It gives parents important insight into the issues and real needs of children. Shannon has very important knowledge and wisdom to share with parents. I will recommend this book to all my clients who are dealing with parenting plan issues.

Albert V. Evans, Family Law Attorney since 1970

I am an attorney in Colorado. After I read "7 Fatal Mistakes" I bought 50 copies. I am about to buy 50 more. I give them to my clients, to opposing counsel, and to my clients' soon to be ex spouses. The book is phenomenal. Without exception, my clients who have read the book have said it changed the way they were parenting. It is truly modified some of my clients' approach to their children and their exes. For some it has lead to genuine soul searching. This book is good for kids, good for parents, and good for me. It gives me a powerful tool to help parents realize the damage they can inflict on their children through and after a divorce.

Kim Willoughby, attorney Colorado