

BOOKS FOR SEPARATING OR DIVORCING COUPLES

Fisher, Roger, and William Ury, ***Getting to Yes: Negotiating Agreement Without Giving In***, 2011. A classic in the field of conflict resolution explaining how to identify interests, separate the people from the problem, and work to create options that will satisfy all participants.

Kranitz, Martin A., ***Getting Apart Together: The Couple's Guide to a Fair Divorce or Separation***, 2000. A comprehensive guide for couples wanting to divorce cooperatively authored by an experienced family mediator.

Marlow, Lenard, ***The Two Roads to Divorce***, 2003. A comparison of mediation and litigation and ideas on how to avoid the hazards that turn the divorce process into a nightmare by a mediator and former litigator.

Mercer, Diana and Katie Jane Wennechuk, ***Making Divorce Work***, 2010. Tools and inspiration to renegotiate your relationship with your spouse, including keys for resolving conflict and practices to keep you sane, provided by two mediators.

Trafford, Abigail, ***Crazy Time: Surviving Divorce and Building a New Life***, 2014. A compassionate account by the journalist/author of weathering her own divorce, and an exploration of the emotional rollercoaster ride through divorce based on research and the experience of hundreds of divorced men and women.

ONLINE RESOURCES

High Conflict Institute, www.highconflictinstitute.com. Institute founded by Bill Eddy, a mediator, attorney and social worker, providing consultations, books, and free articles and videos for effectively engaging with high conflict, angry people, and hostile email and texts.

Maryland's Peoples Law Library, www.peoples-law.org. An online law library providing legal and self-help information on Maryland and federal law, including family law and mediation.

New Beginnings, www.newbeginningsusa.org. A support and discussion group for separated and divorced men and women in MD, DC and VA.