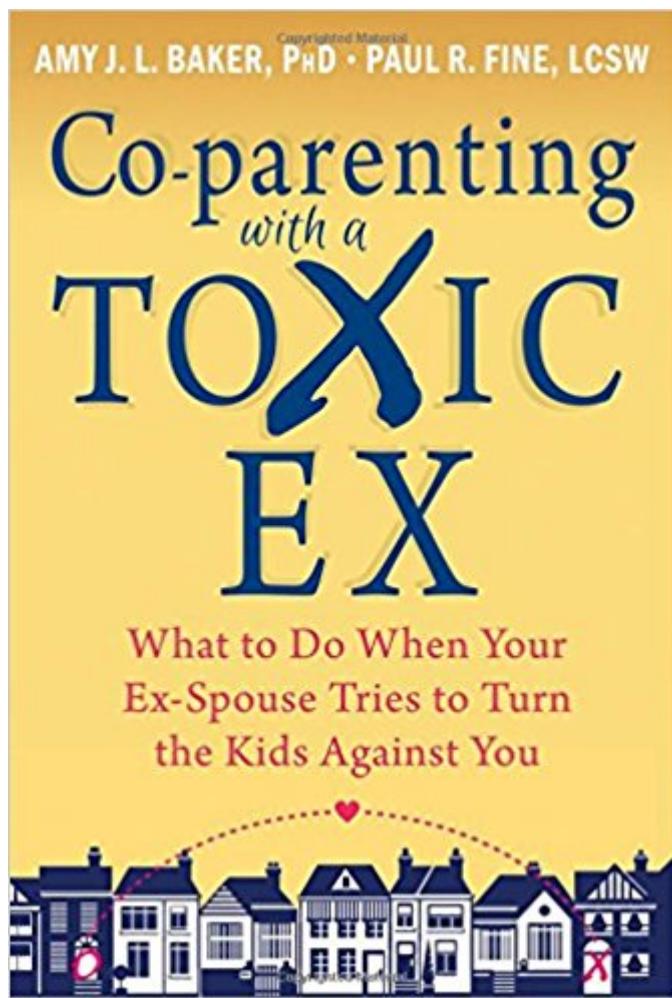


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# Co-parenting With A Toxic Ex: What To Do When Your Ex-Spouse Tries To Turn The Kids Against You



## Synopsis

There's no question about it: your children are the most important thing in your life. But if you have gone through a messy divorce, your relationship with your children may become strained if you have to deal with a toxic ex. Your ex may bad-mouth you in front of the kids, accuse you of being a bad parent, and even attempt to replace you in the children's lives with a new partner. As a result, your children may become confused, conflicted, angry, anxious, or depressed; and you may feel powerless. In *Co-parenting with a Toxic Ex*, a nationally recognized parenting expert offers you a positive parenting approach to dealing with a hostile ex-spouse. You'll learn to avoid the most common mistakes of coparenting, how to avoid parental alienation syndrome, and effective techniques for talking to your children in a way that fosters open and honest response. In addition, you'll learn how to protect your children from painful loyalty conflicts between you and your ex-spouse. Divorce is often painful, especially if your ex habitually tries to undermine your relationship with your children. But with the right tools you can protect your kids and make your relationship with them stronger than ever. This book can show you how. You can find out more about this book and about author Amy J.L. Baker at [www.amyjlbaker.com](http://www.amyjlbaker.com).

## Book Information

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## Customer Reviews

Amy Baker is in my mind the leading expert on Parental alienation and its effects on both the child and their long term development. This problem is all too common, the courts can not be bothered, the psychologic and psychiatric community has not provided guidance and is powerless, parent

coordinators are also powerless to compel the toxic Ex from following any court orders especially when it comes to visitation. I believe the knowledge conveyed in this book will help you manage a difficult situation. It will in no way help you prevent parental alienation. It keep you from contributing to it. It may also help you view your child as a victim rather than the active participant they appear to be on the surface. I believe there is a plethora of information available for parents attempting to co-parent with a narcissist or borderline individual. This book is clearly written and adds to that information. What is needed though from the mental health professional community is more education of judges and the legal system. The courts and the courts alone have the ability to eliminate this rampant form of child abuse. This book may help you from adding fuel to the fire but any parent in this situation will continue to stand in horror as they watch the toxic ex pollute the mind of a child teaching hatred instead of love, intolerance instead of tolerance and rejection instead of acceptance.

I bought this for a friend who is dealing with exactly the situation described in this book, and I read it too. It was both sad and relieving to learn that his ex's confusing behavior is in fact following a pattern set by many others before her. "sad that so many people harm their children this way, but relieving because at least we can learn from the experiences of others. One thing I found interesting and encouraging is that a lot of the book is not about how to deal with the ex directly, but about how to strengthen your bond with your child and help him or her develop a strong core of kindness, empathy, independence, and critical thinking skills (everything the other parent is in the process of destroying) so that he or she can resist brainwashing even when you're not there to help. Although the book doesn't promise miracles, it has definitely provided a strong glimmer of hope.

I have purchased multiple copies of this book. It can be very difficult for attorneys and therapists to completely understand exactly what is happening. A copy of this can really help when you are trying to get people to understand the complexity of the tactics the alienating parent is using to drive a wedge between you and your child. My custody battle is ongoing, but this book has been very valuable in the progress that has been made.

After discovering I have been married to an extreme narcissist for 27 years, and while going through the beginning of a divorce, I am witnessing his attempt to say and/or do anything to degrade, belittle and insult me to my children. It is horrible knowing that your ex-spouse and his mistress take every opportunity to slam you to your own children in an attempt to make themselves feel/look better. He

will be toxic no matter what I say, our attorneys say, the judge says, the court order spells out and quite honestly, I think if God himself stood before my ex and instructed him to stop his toxic ways, it wouldn't make a difference. My approach is to learn to be above this mess and help my children without damaging them further.

This book is spot on with everything we are going through. Highly recommend it. I just wish there was more of a section on when to expect the kids to start realizing the truth about the toxic ex...if ever. A small chapter on child emotional development would have been great.

General co-parenting books are not going to cover the specific struggles of co-parenting with a toxic ex. Authors Amy J L Baker and Paul R Fine provide information about positive parenting techniques with sections that range from "Five Components of Successful Family Meetings" to "Nine Ways to Be Involved in Your Child's Education That Don't Require Your Ex's Approval." Baker and Fine also impart useful suggestions for situations such as when your child states "My dad told me, so it must be true!" or when your child's response to your new relationship is "Mommy says she loves me too much to start a new family." The authors emphasize the opportunities presented in these situations to provide your child with the information, love, and support they need. The list of resources and worksheets make this book indispensable to anyone co-parenting with a toxic ex.\*\* I received a copy of this book in exchange for an honest review\*\*

Extremely useful chapters that are broken down by problem topics. Good information to share with your counsel for court, as well as to help you keep sane while maintaining boundaries when someone with borderline personality or other toxic personality problems is the other parent of your child.

Excellent strategies for what to do when there is a toxic parent. (For me, it came too late because my children are irreversibly alienated. But that is not the fault of the book.) I would welcome a sequel about guiding the children to identifying the toxic behavior of the offending parent; that topic was unfortunately absent. But the book itself, as it is, is outstanding.

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