



We're Still Family

Constance Ahrons

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What is the real legacy of divorce? To answer this question, Constance Ahrons, Ph.D., interviewed one hundred and seventy-three grown children whose divorcing parents she had interviewed twenty years earlier for her landmark study, the basis of which was the highly acclaimed book *The Good Divorce*. What she has learned is both heartening and significant.

Challenging the stereotype that children of divorce are emotionally troubled, drug abusing, academically challenged, and otherwise failing, Dr. Ahrons reveals that most children can and do adapt, and that many even thrive in the face of family change. Although divorce is never easy for any family, she shows that it does not have to destroy children's lives or lead to a family breakdown. With the insight of these grown children and the advice of this gifted family therapist, divorcing parents will find helpful road maps identifying both the benefits and the harms to which postdivorce children are exposed and, ultimately, what they can do to maintain family bonds.

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