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Home Will Never Be the Same Again *A Guide for Adult Children of Gray Divorce* By Carol R. Hughes & Bruce R. Fredenburg

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About the Book

In *Home Will Never Be the Same: A Guide for Adult Children of Gray Divorce*, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them.

As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

About the Authors

Carol Hughes, PhD, is a California licensed Marriage and Family Therapist and family-focused divorce professional, who works with children, adolescents, and adults in her practice in Laguna Hills, California. As a therapist, co-parenting and child specialist, divorce coach, and mediator, she has assisted hundreds of families experiencing divorce.

Bruce Fredenburg is a California licensed Marriage and Family Therapist who helps families solve problems. He works with adults, teens and children. He is an experienced mediator and collaborative professional who supports families seeking more peaceful and respectful divorce and co-parenting outcomes. Bruce is in private practice in Laguna Hills California.

Praise for the Book

“This book is not just a Guide for those often-ignored Adult Children of Gray Divorces, but also a guide and support for therapists and even for those Gray parents contemplating a divorce. The authors' experience and commitment to this group is thoroughly

and helpfully presented.”—**Stu Webb, Founder of Collaborative Law concept**

“Finally, an in-depth description of the effects of divorce on adult children. For too many years, I've listened to parents negate the effects of their divorce on their grown children. In *Home Will never Be the Same Again*, the authors bring to life the depths of isolation and loneliness these children experience with no one to talk to and no way to understand their own emotions. Hughes and Fredenburg, through this ground-breaking book have given all of us in the field a new tool to help both divorcing parents and their children face this life transition in a way that leads to healing instead of family destruction.”—**Nancy Ross, LCSW, BCD, Divorce Coach, Mediator, Trainer, Psychotherapist, Communication Specialist for Trusts and Estates**

“Two experienced therapists share illustrative stories that shed light on the impact on grown children and families when their parents' long-term marriage comes apart. Not only is it a helpful resource for adult children but it will help parents understand how to minimize the harmful effects of their divorce.”—**Constance Ahrons, PhD, Author of "The Good Divorce" and "We're Still Family"**

“*Home Will Never Be the Same Again* needed to be written, and it needs to be read. It will help Adult Children of grey divorce know that they are not wrong or alone in feeling that their loss is both appalling and overwhelming. Those adults who have suffered this incredible and grievous bereavement should take comfort in the fact that they are not alone, and that they are entitled to their grief.”—**Joryn Jenkins, Collaborative Lawyer, Changing the Way the World Gets Divorced™**

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