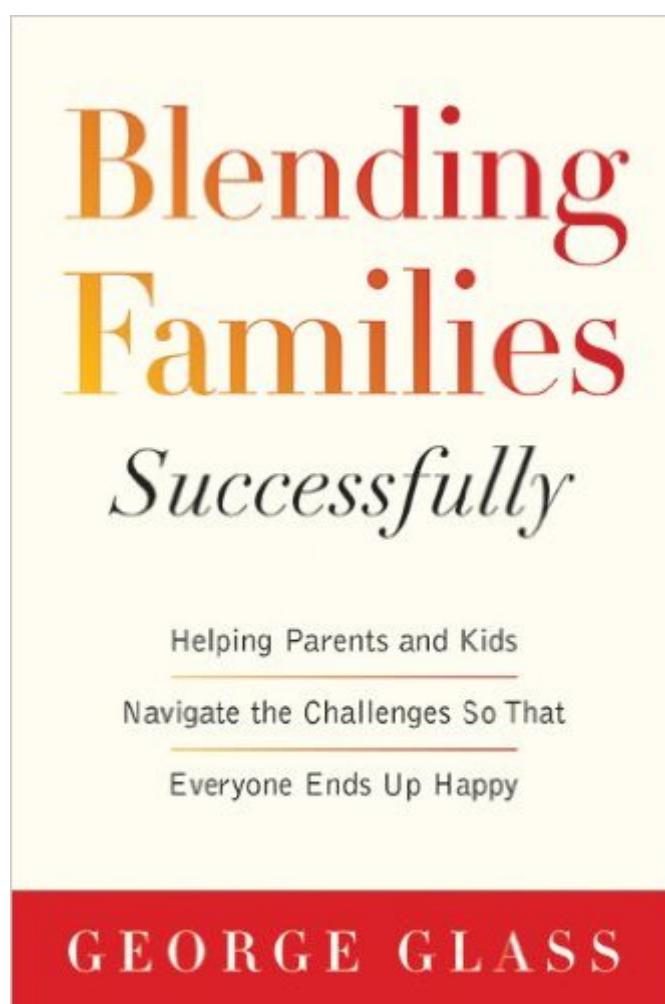


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# Blending Families Successfully: Helping Parents And Kids Navigate The Challenges So That Everyone Ends Up Happy



## Synopsis

According to the National Center for Health Statistics, less than half of the people who get married in the United States remain with their first spouse, and less than 50 percent of children grow up with both biological parents. In short, we live in a society of blended families. Everyone who survives a divorce and enters a new family is vulnerable. George Glass, MD, a board-certified psychiatrist, has designed a book to help parents understand the challenges of beginning new lives with blended families, and to help their children make the necessary adjustments. He explains how to approach unavoidable dilemmas when they occur and offers invaluable lessons about the link between divorce and issues of self-esteem, depression, substance abuse, and relationship failures that often result from the breakup of a family. Gathered from his years in practice and his own personal experience as a member of a blended family, Glass provides practical solutions to everyday problems. Blending a family, Glass explains, is a process, which requires patience. It can take a long time to develop trust, acceptance, and a willingness to overlook transgressions that in the beginning can cause tension. Each chapter offers specific advice to help blended family members improve their communication skills and ease the transitions from separate households into a larger, combined community. Taken together with a steady dose of *œDos and Donâ™ts*, this book provides an inspiring toolkit for families in need.

## Book Information

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## Customer Reviews

Blending Families Successfully, by George S. Glass, published in 2014, deserves much more

attention than it is getting for all the wisdom brimming between its covers. Dr. Glass is a board-certified psychiatrist with years of experience in counseling parents and individual clients. In Blending Families, he gets out from behind the desk very quickly and speaks to his readers directly in an authentic conversational tone. The result is a genuinely warm, caring guide through the stormy passages following the collapse of a marriage and all the goes into starting over again from scratch. The rate at which first marriages fail has dropped over the recent decade, but the percentage ending in divorce is still very high when measured against historical norms. Worse yet, as Dr. Glass points out, second marriages fail at a greater rate than first marriages. One major contributing reason is that remarried couples clash over how the children of the new family are to be guided and raised. Glass begins his examination of the reasons behind these failures by focusing first on the difficulties the newly divorced parents face. Any reader who has lived through divorce will feel right at home with a chapter entitled "How Did I Get Here?" • Most will recognize that awful feeling of having lost direction in life and contact with the true self. Glass knows. He shares of his own experience, from the many years he continued as a single parent through to his own remarriage and the blending of the family to include his children and his wife's, and (yeah, get this) their own new baby. Within a few pages, most readers will very much in touch with the author and sense his presence. The story isn't entirely the author's, however.

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