



# **If Your Parents Divorced, Will You Too?: How to Break the Cycle of Divorce and Create a Successful Relationship of Your Own**

*Sharon Brooks*

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If your parents divorced when you were a child, you may be wondering: Will I get divorced, too? Research indicates divorce is often passed down from generation to generation. Children from divorced homes are up to five times more likely to get divorced as compared to children whose families remained intact. It's time to end the cycle of divorce. Based upon two decades of interviews with over 400 adult children of divorce, this book will empower you to:

- Avoid the destructive relationship behaviors common to adult children of divorce
- Increase your ability to recognize what love looks like and what it doesn't look like
- Recognize the warning signs of a poor partner choice before you make a long-term commitment
- Create the successful, loving relationship you deserve

This practical, no-nonsense guide is encouraging, optimistic and insightful. Through the use of real-life stories, it provides the valuable tools you need for a great relationship. Whether you're a teen embarking on dating and love, in your 20's, 30's or 40's with some dating history, or perhaps divorced already, it's never too early or too late to learn how to end the cycle of divorce.

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