



## A Grief Out of Season: When Your Parents Divorce in Your Adult Years

*By Noelle Fintushel, Nancy Hillard*

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A book that examines the impact that parental divorce can have on the families of adult children.

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### **Editorial Review**

From Publishers Weekly

The stress of divorces among older couples on their adult children is distinctly different from and more severe than that experienced by younger offspring of divorcing parents, contend freelance writer Fintushel (whose parents were divorced when she was 22) and family therapist Hillard. In this enlightening, well-organized book, the authors claim that when "mature" couples divorce, as they are doing in increasing numbers, they often depend on their children to help them adjust to their new lives, thereby dividing the offsprings' loyalties and threatening their independence. Hillard and Fintushel offer strategies for overcoming feelings of betrayal, guilt and alienation, which in some cases are aggravated by a parent's remarriage. They also strongly recommend professional guidance to aid in healing and reweaving family bonds.

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From Kirkus Reviews

A look at the trauma suffered by--and the possible courses of action open to--those whose parents divorce after their children are old enough to vote. It may be lacking in compassion to question the need for a self-help book addressed to the adult offspring of parents who divorce at retirement age. (So prevalent are these midlife breakups now that there is even a term for it, "gray divorce.") True, American adolescence is prolonged. But is it legitimate to demand that parents stay together for the sake of the kids when the kids are nearing 30? With that question in mind, this is a pretty good book of its kind. The authors (Fintushel: a freelance writer; Hillard: a clinical psychologist) address the questions of the pain caused when the familiar patterns of relationships are broken, when family myths are exploded, and when friends ask, "Why are you so upset? You're grown-up." Fintushel's parents divorced when she was 22, and there is an evocative recounting of how her ideal family "blew up in my face." Interviews with other adult offspring of late divorces substantiate the importance of the familial fantasy in shaping lives and character. Hillard contributes advice on dealing with the new relationships that must be formed after such a split, how to avoid destructive patterns in your own marriage, and even how to plan holidays. The wrap-up is that with time and effort, the new lives can be liberating for both parents and grown-up children. The question remains whether grown-up children should be waiting for a parental divorce to launch them on the path to liberation. -- *Copyright ©1991, Kirkus Associates, LP. All rights reserved.*

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**From reader reviews:**

**Margaret Gentile:**

The feeling that you get from A Grief Out of Season: When Your Parents Divorce in Your Adult Years may be the more deep you digging the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but A Grief Out of Season: When Your Parents Divorce in Your Adult Years giving you excitement feeling of reading. The article author conveys their point in specific way that can be understood through anyone who read the idea because the author of this publication is well-known enough. That book also makes your own personal vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We advise you for having that A Grief Out of Season: When Your Parents Divorce in Your Adult Years instantly.

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Reading can called mind hangout, why? Because when you find yourself reading a book especially book entitled *A Grief Out of Season: When Your Parents Divorce in Your Adult Years* your brain will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can become your mind friends. Imaging each word written in a publication then become one form conclusion and explanation in which maybe you never get before. The *A Grief Out of Season: When Your Parents Divorce in Your Adult Years* giving you one more experience more than blown away your brain but also giving you useful details for your better life on this era. So now let us present to you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

**Catherine Gates:**

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