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# The High-Conflict Custody Battle: Protect Yourself And Your Kids From A Toxic Divorce, False Accusations, And Parental Alienation



Protect Yourself & Your Kids  
from a Toxic Divorce,  
False Accusations  
& Parental Alienation



A  
LEGAL &  
PSYCHOLOGICAL  
GUIDE

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## **Synopsis**

Is your ex-spouse trying to gain custody of your kids? Has he or she launched a campaign to make you look like a bad parent, both in the eyes of your children and the law? You aren't alone. Unfortunately, high-conflict custody battles are all-too-common in today's world. So how can you arm yourself with the mental and legal resources needed to survive this difficult time and keep your kids safe? In *The High-Conflict Custody Battle*, a team of legal and psychology experts present a practical guidebook for people like you who are engaged in a high-conflict custody battle. If you are dealing with an overtly hostile, inflammatory, deceitful, or manipulative ex-spouse, you will learn how to find and work with an attorney and prepare for a custody evaluation. The book also provides helpful tips you can use to defend yourself against false accusations, and gives a realistic portrayal of what to expect during a legal fight. Going through a divorce is hard, but going through a custody battle can feel like war. Don't go in unprepared. With this book as your guide, you will be able to navigate this difficult process and learn powerful skills that will help you maintain a healthy relationship with your kids, fight unfair accusations, and uphold your rights as a parent.

## **Book Information**

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## **Customer Reviews**

Solid, well-informed, nitty gritty, useful information. This book now forms the backbone of my efforts, particularly the list of what to ask for when going to court, in chapter 9. This is not a flashy book, but the advice comes from current experience of a researcher who is active in a very specialized field. The advice I've gotten from most everyone else (including therapists and attorneys) has gone astray in one way or another but what I've gotten from Dr Baker is holding up the test of time. Because she consults regularly with parents who are experiencing parental alienation, and also does research on the subject, her recommendations come battle-tested. This is not a feel-good book, because the subject is not feel good, but I wish I'd had it from the beginning, because even my lawyer and therapists have made mistakes this book could have prevented. Now I'm using this book to help pick up those pieces. Also, this book is doesn't have a lot of background about the demographics and development of (what's more or less being known as) alienation; it's about actions to take if you already believe alienation describes your situation. There are also exercises to do in some chapters, which seem very simplistic if you don't do them, but I've found invaluable. One was to make a list of your worst fears and then make some attempt to figure out just how likely they really are. One mistake I could have avoided if I'd known about this book is that any therapy ordered by the court has to include both parents, not just the targeted parent and children. When the favored parent is omitted from the order for therapy, everyone involved tends to assume that the problem resides with the targeted parent. This exacerbates rather than helps the very problem it is intended to solve.

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