



Now What Do I Do? : A Guide to Help Teenagers with Their Parents` Separation or Divorce

Lynn Cassella-Kapusinski



When a marriage ends, it is hard enough for the two people directly involved. When there are children in the family, however, the destructive effects of a divorce or separation are magnified. In *Now What Am I Supposed to Do?* author Lynn Cassella-Kapusinski offers a workbook for teens to help them flush out their feelings and fears over their parents' divorce or separation. The author's own parents divorced when she was eleven, and she writes with a style that teens can easily relate to without feeling talked down to. The exercises in *Now What Am I Supposed to Do?* can be done alone or with friends. While this book is aimed at teens, it is also a helpful guide for parents and youth ministers who want to help teens work through their emotions.

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