

SIXTY-FIVE IMPORTANT BOOKS REGARDING PARENTAL ALIENATION BY PARENTS AND FOR PARENTS

William Bernet, M.D. — September 2020

This annotated bibliography regarding parental alienation includes books from twelve countries —Argentina, Australia, Canada, France, Germany, Ireland, Israel, the Netherlands, Russia, Spain, the United Kingdom, and the United States (including Puerto Rico).

Most of these books were written by alienated parents, attempting to convey the tragedy and heartbreak that occurred in their own families. These books always have some form of resolution: perhaps achieving a mutually satisfying relationship with the child; perhaps accepting the loss of the child and moving on with their lives; and, very rarely, even in the death of the child.

Some of these books were written by mental health or legal professionals, but were intended to be read by parents experiencing a difficult divorce or, more specifically, parental alienation. In a few cases, parental alienation is discussed in only one chapter of the book. Most of the authors listed here are members of the Parental Alienation Study Group.

[Authors: send additions and corrections to william.bernet@vumc.org.]

* * * * *

Kimber Adams (2009). *The Parentectomy ~ A Memoir: A Perspective on Rising above Parental Alienation*. This is an enlightening and heartrending depiction of the tactics involved in perpetrating parental alienation and the resilient courage of a mother determined to minimize the damage. This novel explores the multidimensional consequences of parental alienation and bond abuse—from the children's rejection of their loved and full-time mother to her anguishing decision and the encouraging events that follow.

Amy J. L. Baker, Katherine C. Andre (2015). *Getting Through My Parents' Divorce*. This workbook guides children amid divorce and parental conflict on how to understand, identify, and deal with the various difficulties that arise when parents divorce and argue with each other. Some scenarios and topics include what to do when one parent tries to turn the children against the other parent and how to deal with emotional hardships during a divorce.

Amy J. L. Baker, Michael Bone, and Brian Ludmer (2014). *The High-Conflict Custody Battle: Protect Yourself and Your Kids from a Toxic Divorce, False Accusations, and Parental Alienation*. This is a practical guidebook for people who are engaged in a high-conflict custody battle. The book provides helpful tips parents can use to defend themselves against false accusations and gives a realistic portrayal of what to expect during a legal fight.

Amy J. L. Baker and Paul R. Fine (2014). *Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You*. When caught in a loyalty conflict, children of divorced parents may become confused, conflicted, angry, anxious, or depressed. This book offers a positive parenting approach to dealing with a hostile ex-spouse.

Amy J. L. Baker and Paul R. Fine (2014). *Surviving Parental Alienation: A Journey of Hope and Healing*. Many divorces are high-conflict, involving allegations of abuse and chronic disagreements regarding parenting schedules. Some children become aligned with one parent against the other. This book features true stories and information about parents who have re-connected with their lost and stolen children, and offers better insight and understanding into what exactly parental alienation is and how to handle it.

Alec Baldwin and Mark Tabb (2008). *A Promise to Ourselves: A Journey through Fatherhood and Divorce*. After the author, a successful actor, and his wife divorced, the custody battle surrounding their daughter was the subject of media attention for years. Alex Baldwin became concerned about how noncustodial parents are often forced to abandon hopes of access to their children. One chapter of the book is “Parental Alienation.”

Elissa P. Benedek and Samantha A. Huettner (2020). *Divorce and Co-parenting: A Support Guide for the Modern Family*. This book addresses the full range of problems that divorcing parents face. The author, a former president of the American Psychiatric Association, says, “The custodial parent has a legal—and we believe a moral—responsibility to see that the children spend time with their other parent.” Parental alienation is discussed in two sections, “When Children Don’t Want to Have Parenting Time” and “Dealing with Angry, Alienated Children.”

William Bernet and Judge Don R. Ash (2007). *Children of Divorce: A Practical Guide for Parents, Therapists, Attorneys, and Judges*. The book blends the expertise of psychiatric and legal professionals, with the premise that children of divorce should have a good relationship with both parents. Parental alienation is addressed in the chapter, “Trying to Love Both Parents.”

Jann Blackstone-Ford and Sharyl Jupe (2004). *Ex-Etiquette for Parents: Good Behavior after a Divorce or Separation*. The premise of the book is that when divorced parents make choices that are in the best interests of their children, they are likely to have a harmonious relationship with their former spouses. They point out that parental alienation syndrome and good etiquette are at opposite ends of the spectrum in terms of parenting behaviors.

David Booth (2020). *Murdered Not Dead*. This book was written by an alienated parent and grandparent, based on his own experiences. This is a personal account of alienation combined with the dangers associated with the family fall-out, including divorce, bankruptcy, loss of employment, and the crippling impact of court decisions.

José Maria Bouza (2013). *Guía práctica de actuación ante el impedimento de contacto con los hijos (Practical Guide of Action Before the Impediment of Contact with Children)*. The author (from Argentina) teaches divorced parents how to deal with the unknown world of legal issues. The book shows parents how to participate actively in the defense of their rights and those of their children.

Jenna Brooks (2015). *The Alienated Mother: Rebuilding Your Life after Your Children Have Rejected You*. This book is intended for women who are no longer in danger from an abusive

relationship. It is designed to help those individuals find a way to live a meaningful life in spite of the pain of being alienated from their children.

JP Byrne and Brendan Byrne (2016). *Don't Hug Your Mother*. These two brothers (from Ireland) relate the difficulties they experienced when their parents separated. The book recounts episodes of their dark past in harrowing detail. It is a compelling, heart-breaking, and ultimately uplifting story of how two young boys grew up and learned to confront evil and follow their hearts.

Jean-Pierre Cambefort (2016). *Famille éclatée, enfants manipulés (Broken Family, Children Manipulated)*. The author (a psychologist from France) relates a representative case of parental alienation. He identifies the warning signs of manipulation. The book helps the ostracized parent understand the situation, react to the child and his ex-partner, and preserve the bond with the child against everything, so that when he grows up he is free to love his two parents again.

Trevor Cooper (2019). *The Pinball Machine: The Family Separation Industry and Parental Alienation*. The author (from Australia) shares his deeply personal and gripping story of parental alienation. It is a story of uncontrolled chaos when a family is propelled into the “pinball machine” that is the family separation industry. Where ideology and profits spin the score to dizzying levels, and the family falls down the ball-return shoot, unsure if they will reappear.

Penny Cross (2000). *Lost Children: A Guide for Separating Parents*. The author (from the United Kingdom) addresses various ways to help children deal with parental separation and divorce. In particular she explains how to avoid parental alienation, despite the fact that Family Courts in U.K. are sometimes considered outmoded and in need of reform.

Douglas Darnall (1998). *Divorce Casualties: Protecting Your Children from Parental Alienation*. This was an early book that explained parental alienation to parents and also to mental health and legal professionals.

Douglas Darnall (2008). *Divorce Casualties: Keeping Your Children Close While You're Breaking Apart*. Some parents consciously, blatantly, and even maliciously denigrate their ex-spouse through negative comments and actions. The result is a child full of hate, fear, and rejection toward an unknowing and often undeserving parent. This book teaches parents how to prevent or minimize the damaging effects of alienating behaviors on their children.

Michelle Darné (2017). *Parent Deleted: A Mother's Fight for Her Right to Parent*. The author found herself callously erased from the lives of her children and also silenced by the law. The book is a gripping tale of one non-biological, lesbian mother's fight for her children. And it is a courageous, disturbing, and necessary exposé of an emergent social justice frontier: the rights of all children to be with their parents.

Martin J. Davis (1998). *Scheidung von den Kindern (Divorce from Children)*. The author (a sociologist from Germany) was an alienated father. He related the stories of several targeted or alienated fathers.

Bill Eddy (2010, 2020). *Don't Alienate the Kids!: Raising Resilient Children While Avoiding High-Conflict Divorce*. During a high-conflict divorce or separation, children can develop lifelong habits of all-or-nothing thinking, unregulated emotions, and extreme behaviors. Professionals who want to help may unintentionally make things worse, believing everything a parent says or taking sides. But there's hope! Readers can help children learn flexible thinking, emotion regulation, effective behaviors, and healthy relationships.

Jill Egizii (2010). *The Look of Love*. After nearly twenty years of marriage, Anna realizes she must get free from her controlling spouse. In the process, she loses the only thing that made escaping worthwhile, her children. Her once "normal" relationships with her son and daughter mysteriously sour. While facing the fight of her life, Anna realizes the true meaning of friendship and love.

Jill Egizii and Judge Michele Lowrance (2012). *Parental Alienation 911 Workbook*. This product is intended for anyone who wants to understand the facts about parental alienation. In particular, it is geared toward arming parents who wonder if they are experiencing alienation with all the information they need to make the best of a difficult, potentially inflammatory situation.

Jorge Luis Ferrari and Nelson Zicavo Martínez (2011). *Padres separados: Como criar juntos a sus hijos (Divorced Parents: How to Raise Their Children Together)*. The authors (from Argentina) are concerned about the large number of sad children who are missing one of their parents; single parents coping alone with raising children; and parents deprived of their children. They offer both parents and professionals in the social and legal sciences the results of their studies, experiences, and research.

Kenneth Fox (2019). *At the Point of a Knife*. This is a real-life thriller about a doctor who invents an important laser technology and the legal conspiracy to steal his successful hi-tech start-up. By day, he has a successful career; by night, he lives with an increasingly mentally ill spouse. While all of this is ongoing, the family's two young children are being severely alienated against him by his wife.

Allan Freeman-Jones (2017). *Parental Alienation: A Loving Father's Lost Years*. In the space of four years Allan went from bachelor to alienated father. When it looked like Allan may have gained increased access to his son Timothy, Margaret played her trump card: the father was accused of sexually abusing his son. Investigations by the Department For Child Protection and the police concluded the allegations were unfounded. For the sake of his son's mental and emotional wellbeing, seeing it as his only realistic course of action, Allan exited his son's life.

Monica Giglio (2017). *Parental Alienation Survival Coach*. Parental alienation is a form of bullying, domestic violence, and psychological abuse. After devoting their lives to trying to prevent this tragedy, some parents who feel their lives have lost their meaning become withdrawn, passive, and suicidal. This book captures the feelings of shock, confusion, and helplessness that parents experience as they are pushed out of their children's lives, and their desperate struggle for education to understand what's happening.

Herman Gill (2015). *Mindful Child Custody: Thinking Outside the Child Custody Box*. This book provides a new compass for divorced parents navigating the murky waters of child custody litigation in the face of the increasing erosion of their constitutional rights. This is an account of what happens to alienated parents in their desperate attempts to save the developmental lives of their child and enforce their lawful parental rights.

Daniel Gottlieb (2012). *Listen to Me!!! Your Child and Your Divorce*. The author (a psychologist from Israel) has compiled expressions direct from the minds and hearts of children. All are direct quotes, completely real, taken from deep discussions in the psychologist's office. These verbatim testimonies make it easy for parents to better understand their children's emotional experiences throughout the process of divorce.

Jonathan Groner (1991). *Hilary's Trial: The Elizabeth Morgan Case: A Child's Ordeal in America's Legal System*. This book recounts a highly publicized custody case, which involved allegations of sexual abuse and, ultimately, abduction of the child from the U.S. to New Zealand. The author, a journalist and practicing lawyer indicts the legal system's bureaucracy and parents who promote personal interests at the expense of a child's.

Sarah Hart (2008). *A Mother Apart: How to Let Go of Guilt and Find Happiness Living Apart from Your Child*. The author (from the United Kingdom) provides empathy, nonjudgmental help, and practical strategies to women struggling with their feelings, as they adjust and come to terms with no longer being a full-time, hands-on mothers. Women live apart from their children for a number of reasons, including parental alienation.

Steven Hedlesky (2014). *Letters to Chloe: A Well Documented Case of Parental Alienation Syndrome*. The author is a physician, who lost his daughter's love when his ex-wife turned their child against him. He kept meticulous records during a three-year custody battle, so the book is a chronology of annotated excerpts from emails, court transcripts, discovery documents, and consult reports.

Gabriele ten Hövel (2003). *Liebe Mama, Böser Papa: Eltern-Kind-Entfremdung nach Trennung und Scheidung: Das PAS-Syndrom (Dear Mom, Bad Dad: Parent-Child Alienation after Separation and Divorce: The PAS Syndrome)*. The author shows how, every year in Germany alone, around 20,000 children fall victim to the bitter struggles between the two parents. As a result of extreme influence, children often reject the "bad" parent and refuse to make contact. The aim of this startling book is to prevent parental alienation.

Katrin Hummel (2010). *Entsorgte Väter: Der Kampf um die Kinder: Warum Männer weniger Recht bekommen (Disposed Fathers: The Battle for Children: Why Men Are Less Right)*. The author (from Germany) explained that when women in her country do not want contact between father and children, their ex-husbands have little chance of seeing their offspring. She said that Germany is the land of mothers: something must be done before justice can return.

Cleland James (2016). *The Child Who Hates Her Father and the Mother Who Caused It*. This book relates the personal biography of a U.S. Marine, who has fought the system, and a

mother, who has caused parental alienation syndrome against him, resulting in the adult child rejecting her father. False allegations were made, intending to drive a wedge between the author and his daughter.

Michael Jeffries and Joel Davies (2009). *A Family's Heartbreak: A Parent's Introduction to Parental Alienation*. This is the true story of one parent's struggle to maintain a normal, loving relationship with his young son. From the emotionally devastating actions of the child's other parent to a court system and mental health community ill-equipped to deal with this destructive family dynamic, this book is both an education in parental alienation and an eye-opening experience for parents who don't believe this could happen to them.

Richard Joseph (2014). *Abuse & Betrayal: The Cautionary True Story of Divorce, Mistakes, Lies and Legal Abuse*. The author relates a deeply personal account of his experiences with marriage, divorce, and the effects of his ex-wife's behavior. The book follows the couple from happy beginnings to their tumultuous divorce. Some passages describe his ex-wife's attempts at alienating him from his daughters. The book raises questions about the fairness of the divorce process in our country and speaks to the biases in the legal and judicial systems.

Joan Kloth-Zanard (2013). *Broken Family Bonds: Poems and Stories from Victims of Parental Alienation*. This book provides a collection of poems and stories written by real victims of parental alienation that show the psychological pain and damage caused by this pathological family dynamic.

Cara E. Koch (2020). *From Heartbreak to Healing: Resolving Parental Alienation*. Using her personal narrative to set the stage, the author summarizes current research and clinical understanding of parental alienation, presenting it in an easy-to-understand way for parents to apply to their own lives. The powerful stories shared by other parents highlight the multitude of ways that parental alienation can occur. Dr. Koch presents useful strategies for coping and moving forward.

Judge Michele Lowrance (2011). *The Good Karma Divorce: Avoid Litigation, Turn Negative Emotions into Positive Actions, and Get On with the Rest of Your Life*. This guidebook offers a concrete path to transforming painful experience into positive action. Judge Lowrance hopes that divorcing couples who apply the practices described in this book will avoid a divorce trial. Firmly entrenched in real-world applicability, the book is intended for people in any phase of a divorce, but also for psychologists, psychiatrists, attorneys, judges, and social workers.

A. Jayne Major (2002). *Creating a Successful Parenting Plan: A Step-By-Step Guide for the Care of Children of Divided Families*. This is a guide on how to successfully create a comprehensive parenting plan for parental custody in court. This book teaches parents everything they need to know about creating a solid case, including key legal terminology and specific, valid requests the court can act upon.

Christina Mask (2017). *Nightmare in Hostage Hills*. The author's nightmare is constructed from a life in agony as she attempts to escape abuse, retain her sanity, and regain the custody of three children the family court and her husband have taken from her. It is based on daily

records over months, then years; diary entries; the self-blame; the shame; the absurdist dialogues with family therapists; marginalia from readings or lectures or religious texts; letters to judges, lawyers, and evaluators; and letters to and from the children, real and imagined.

Rod McCall (2016). *For the Love of Eryk: Surviving Divorce, Parental Alienation and Life After*. The author shares his personal experience with parental alienation, which was so severe, it led to the death of his son Eryk. The boy was killed by the hands of his own mother when she lost her parental rights as the courts finally saw through her alienating behaviors. Through interviews of many parents as well as professionals in family law, the book is a powerful resource which can raise awareness, educate, and be a catalyst for change.

William J. McGee (2018). *Half the Child*. This book takes place over four consecutive summers in the lives of Michael and his son Ben. The novel chronicles the separation, divorce, custody battle, and abduction that threaten to tear apart father and son. With courts continually ruling against Ben's father, it remains uncertain if their bond will survive. Ultimately, they will write their own love story.

Catherine L. Meyer and Sally Quinn (1999). *They Are My Children, Too: A Mother's Struggle for Her Sons*. The author (from the United Kingdom)—the wife of the former British ambassador to the United States—narrates a harrowing and heartbreaking true story of international child abduction. This book records the determination of one woman fighting for her children and of the inadequacy of current international laws against child abduction.

Gladys Monge (2013). *Madre sin Hijos, Hijos sin Madre (Mother without Children, Children without Mother)*. The author (from Puerto Rico) says that the concept of parental alienation has often been misunderstood. It continues to be necessary to educate mental health professionals, legal practitioners, and the general public about parental alienation, which is a great hardship for many children, teenagers, and their parents.

Gladys Monge (2014). *Hijos Perdidos: Alienación Parental Es Abuso Infantil (Lost Children: Parental Alienation is Child Abuse)*. The author (from Puerto Rico) explains how to understand and recognize parental alienation, a form of child abuse that is occurring worldwide. She reflects on her personal experience when she lost two sons through divorce and her struggle in the courts. Gladys Monge is a survivor of parental alienation.

F. Leonard Myers (2016). *Tears in the Rain*. Parental alienation is featured in the plot line of this novel. Ten years after her parents' bitter divorce, under the misguided direction of a vengeful, narcissistic father, Julia Webster terminated her relationship with her loving mother who had sacrificed so much to rescue her from an orphan's life in China. But Julia meets a psychologist determined to rescue her from a future caught in her father's abusive campaign.

J. K. Nation (2019). *Ex's & Oh's: Dealing with Parental Alienation and Healing through the Pain*. The author takes the reader through the journey of parental alienation, providing the tools needed to find joy, healing, and restoration in the darkest times. Parental alienation leads to depression, financial despair, and in some cases even suicide. The goal for *Ex's & Oh's* is to bring life, freedom, and restoration to individuals and families impacted by parental alienation.

Kathleen M. Reay (2011). *Toxic Divorce: A Workbook for Alienated Parents*. The author (from Canada) explains that high conflict between divorcing or divorced parents, including parental alienation phenomena, is a noteworthy risk factor for children and adolescents. This workbook is the first of its kind for alienated parents, providing the knowledge and understanding to personally deal with the ramifications of parental alienation.

P. A. Rent (2018). *How to Steal a Family*. The author (from the United Kingdom) explains that it is surprisingly easy to break a family if you are so minded, and stupendously hard to either stop it, get help if it happens to you, or fix it. Based on a true story, this book brings to life how easily it can happen and the damage that ripples out from those directly involved through families, friends, and generations.

Pamela Richardson and Jane Broweleit (2006). *A Kidnapped Mind: A Mother's Heartbreaking Story of Parental Alienation Syndrome*. The author (from Canada) related the true story of how her son Dash suffered from parental alienation at the hands of his father. Ms. Richardson spent years battling Dash's father, the legal system, their psychologist, the school system, and Dash himself to protect her son—first from his father, then from himself.

Pamela Roche and Maggie Allen (2014). *Broken Lives Broken Minds*. This book is about parental abduction and parental alienation. It exposes the flaws and loopholes in the Hague Convention and the dramatic rise in parental abduction in the last 10 years. It explains how parental alienation is poorly recognized in courts today, so injustices are endemic in the family law system, which involves judges, lawyers, psychologists, and court-appointed therapists.

Elisabeth Schmidt and Allard Mees (Eds.) (2006). *Vergiss, dass es Dein Vater ist! Ehemals entfremdete Kinder im Gespräch (Remember That It Is Your Father! Formerly Alienated Children in Conversation)*. The editors (from Germany) present the comments of four children, aged 15, 20, 28 and 34, talking about their parents' separation and the loss of their father. The conflict of separating parents and its effects on the inner and outer development of the affected children are shown from the perspective of these children. The editors confirm that children need both parents, regardless of whether they remain a couple or not.

Traci Slatton (2016.) *The Year of Loving*. This novel involves parental alienation in its story line. Sarah's world is crumbling. One daughter barely speaks to her and the other is off the rails. In the midst of her second divorce, two men come into her life: an older man who offers companionship and stability and an exciting younger man whose life is as chaotic as hers.

Vesta Spivakovsky (2018). *Громче, чем тишина (Louder Than Silence)*. This is the first book published in the Russian language regarding parental alienation. This book brings the problem of family kidnapping and parental alienation into the field of public discussion. The author has made her personal tragedy public in order to force the government to pay attention to the lack of legal mechanisms for resolving family conflicts.

Asunción Tejedor Huerta (2013). *Programa de Intervención para Víctimas de Interferencias Parentales (Intervention Program for Victims of Parental Interference)*. The author (from Spain) provides material for children, victimized by parental alienation, and their parents in

order to facilitate communication and expression between them and ultimately remedy the adverse consequences of parental alienation. The content includes methods to improve the parenting strategies in order to prevent further damage to the children.

Isabelle Vuistiner-Zuber (2019). *Protection de l'enfance: Lettre ouverte à tous ses acteurs (Child Protection: Open Letter to All Its Actors)*. The author (from France) advises divorced parents to: be attentive to one's own reactions following the break-up; give the children more attention; and know the structures and procedures that can provide support. This book emphasizes that it is necessary to obtain absolute respect for the right of children to be raised by both parents.

Judith S. Wallerstein and Sandra Blakeslee (2003). *What About the Kids? Raising Your Children Before, During, and After Divorce*. This comprehensive book for parents has a chapter, "Parent-Child Alignments." This chapter discusses parental alienation and various other reasons why a child might be reluctant to visit or have a relationship with a parent.

Richard A. Warshak (2001, 2010). *Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing*. The two editions of Warshak's book are the most widely read accounts of parental alienation in the world. The books have been published in the U.S., Croatia, Czechia, Finland, Japan, and Korea.

Richard A. Warshak and Mark Otis (2010). *Welcome Back Pluto: Understanding, Preventing, and Overcoming Parental Alienation*. This DVD shows children, teens, and parents how to get along better, gives practical tips about how to maintain positive feelings, and motivates children and parents to use these tips by demonstrating why it is so important for children and teens to love both their parents.

Monty Weinstein and Vickie Taylor (2018). *From the Mob to the Therapist's Chair*. The author grew up in a wealthy family that made its millions off the grid and most definitely illegally. In college, however, he became focused and devoted to strengthening the family unit. Ultimately, Dr. Monty became a marriage and family therapist, when he began to realize that some parents going through divorce were being severely alienated and children were being brainwashed and turned against the other parent.

Pamela Weintraub and Terry Hillman (2005). *The Complete Idiot's Guide to Surviving Divorce*. This is a comprehensive book that discusses legal issues, finances, child custody, parenting time schedules, and remarriage. The section pertaining to parental alienation is called "When a Parent is Maligned."

Joep Zander (Ed.) (2009). *Verpasseerd ouderschap: Loyaliteitsmisbruik en Ouderverstotingsyndroom (Parenting Broken by PAS: Loyalty Abuse and Parental Alienation Syndrome)*. The editor and chapter authors (from the Netherlands) provide an overview of parental alienation. They address clinical and legal aspects of this condition, and also discuss major controversies.