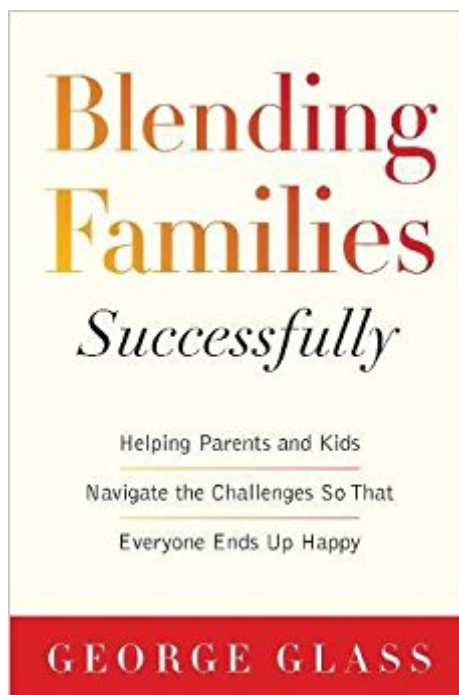




The book was found

# Blending Families Successfully: Helping Parents And Kids Navigate The Challenges So That Everyone Ends Up Happy



## Synopsis

According to the National Center for Health Statistics, less than half of the people who get married in the United States remain with their first spouse, and less than 50 percent of children grow up with both biological parents. In short, we live in a society of blended families. Everyone who survives a divorce and enters a new family is vulnerable. George Glass, MD, a board-certified psychiatrist, has designed a book to help parents understand the challenges of beginning new lives with blended families, and to help their children make the necessary adjustments. He explains how to approach unavoidable dilemmas when they occur and offers invaluable lessons about the link between divorce and issues of self-esteem, depression, substance abuse, and relationship failures that often result from the breakup of a family. Gathered from his years in practice and his own personal experience as a member of a blended family, Glass provides practical solutions to everyday problems. Blending a family, Glass explains, is a process, which requires patience. It can take a long time to develop trust, acceptance, and a willingness to overlook transgressions that in the beginning can cause tension. Each chapter offers specific advice to help blended family members improve their communication skills and ease the transitions from separate households into a larger, combined community. Taken together with a steady dose of “Dos and Don’ts,” this book provides an inspiring toolkit for families in need.

## Book Information

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## Customer Reviews

Dr. George Glass is a board-certified psychiatrist and nationally known addiction specialist. His

professional history includes degrees from Swarthmore, Northwestern, and Yale, and professorships at Baylor and Weill Cornell. He is a fellow of the American Psychiatric Association and has served as an expert consultant for the Oxygen and Jupiter networks, the "Wall Street Journal," and the American Academy of Psychiatry and the Law. He lives in Houston, Texas.

This book had a lot of good points, but at times I felt it didn't quite go deep enough into some topics. It is also divorce centric, which makes sense, since that is unfortunately the primary cause of families that need blending, and I found myself wishing it were less so, given that I am a widower. Overall though, if you need something to get you started, this book is definitely worth reading.

Great book!

I thought it did a great job of touching on our issues as a family, and helping us begin to deal with them in a positive, constructive manner.

We live in a world where blended families are becoming the norm as opposed to the exception. Glass has written a "how to" book to help those who are going through this difficult (and wonderful at the same time) time in their life understand how to cope and maybe even thrive. Since he has been there and done that he can speak with authority few can bring to the subject. He shares personal insight from his own blended family process which makes the book that much more appealing and helpful. Here is someone who has learned to make it work. The message that comes across is, "if he can, you can too." You might say, well he is a psychiatrist so he has an edge. He would be the first to tell you that when it comes to yourself it does not always help. In fact, it might be an issue. With real humility he points out his own failures and successes so that others who are going through this can learn what they should do that he did or did not do. If you or someone you know is in the midst of blending two families this is a must read. [tomlaw.org/booksummaries](http://tomlaw.org/booksummaries)

Blending Families Successfully, by George S. Glass, published in 2014, deserves much more attention than it is getting for all the wisdom brimming between its covers. Dr. Glass is a board-certified psychiatrist with years of experience in counseling parents and individual clients. In Blending Families, he gets out from behind the desk very quickly and speaks to his readers directly in an authentic conversational tone. The result is a genuinely warm, caring guide through the stormy

passages following the collapse of a marriage and all the goes into starting over again from scratch. The rate at which first marriages fail has dropped over the recent decade, but the percentage ending in divorce is still very high when measured against historical norms. Worse yet, as Dr. Glass points out, second marriages fail at a greater rate than first marriages. One major contributing reason is that remarried couples clash over how the children of the new family are to be guided and raised. Glass begins his examination of the reasons behind these failures by focusing first on the difficulties the newly divorced parents face. Any reader who has lived through divorce will feel right at home with a chapter entitled "How Did I Get Here?" Most will recognize that awful feeling of having lost direction in life and contact with the true self. Glass knows. He shares of his own experience, from the many years he continued as a single parent through to his own remarriage and the blending of the family to include his children and his wife's, and (yeah, get this) their own new baby. Within a few pages, most readers will very much in touch with the author and sense his presence. The story isn't entirely the author's, however. The selected episodes and the words Glass shares from his work with clients are especially poignant. Readers draw comfort from the realization that others have lived through the same painful, confusing passages. Non-judgmental and compassionate, Dr. Glass gives direct advice. No psycho-babble here. Readers are not left guessing as to what the author meant. The advice is laced with understanding. Go slowly. Be patient with yourself. Glass knows current trends and fads. He offers advice about dating, sleeping over, when to introduce children to a special other, how to manage expenses after the marriage, relations with former spouses. This twice divorced reviewer, thirty years into his current marriage and blended family, found the book full of insight and good useful advice. No matter where you may find yourself on the continuum that begins with trying to save a failing marriage, extends through starting over and from there on to the end of one's days, *Blending Families Successfully* belongs on your bookshelf. To be read, certainly, but also to be retained as a reference, as a guide, as a comfort. Glass is a name that should become synonymous with blending families as Dr. Spock is with raising children. *Blending Families Successfully* is destined to become a classic. Counselors everywhere should make it available to the clientele. This review appeared initially on the bookpleasures.com web site. - John J. Hohn, author "Deadly Portfolio" and "Breached" Both available on .

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