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Skirts At War: Beyond Divorced Mom/Stepmom Conflict



Synopsis

Many divorced moms and stepmoms feel doomed to a lifetime of power struggles when the other household is indifferent or openly hostile. *Skirts at War* is a reassuring and playful hands-on guide to thriving as a stepparent, remarried mom or single parent, even if the other side won't meet you halfway. Learn how to master the most common challenges vexing divorce-connected families today:

- Instincts - why they're working against you and what to do instead
- Support - how to sidestep well-meaning, but sabotaging advice and tune into truth-telling wisdom
- Men - how fathers see our interconnected roles, in the words of a man in the middle himself
- Expectations - why your "reasonable" assumptions set you up for disappointment and resentment
- Self-Worth - why old issues from your past are easily triggered and how to desensitize them
- Boundaries - how to transfer responsibilities to the right shoulders and stop overdoing

Divided into three user-friendly sections for quick reference: Problems, Power Tools and Making Progress, it also includes:

- over 100 comments from community members, eager to share their hard-won insights
- 20 interactive quizzes, assessments and how-tos
- 60 journal questions designed to easily move you forward
- over 100 affirming mantras to ground and center you
- a chapter by Mario Korf written directly to divorced fathers
- how to join our online community for free PDFs and exclusive material, connect with new friends reading the book and create your own private blog or journal

Book Information

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Customer Reviews

Great follow-up book to "No One's the Bitch." Written by a bio-mom and the step mom of her kids. Great advice for what to do when one of you actually IS the bitch. NOTE: This product was a personal purchase for myself at the normal retail price. I'm reviewing it solely because I want to

share my experience with other potential customers. I have received no compensation for my review, nor do I have any relationship with the seller or manufacturer of this product.

Great companion in high conflict situation with my husband's ex-wife. I didn't realize that becoming a stepmother would entail having to deal with stress of the situation I was in. This book really opened my eyes to both sides of the situation and made it easier to understand her reactions. It taught me to set boundaries that enable me prioritize taking care of myself and challenged unhealthy thoughts that were exacerbating the situation. I haven't been able to find many other resources that have aided me in this. There are plenty about relating with your stepchildren and other facets of blended family but not so much the other party of the divorce. Then there are many resources that make you feel more like a victim with complaining and everything that keeps you from moving forward. If you are at all feeling helpless like I was, I highly recommend going through this workbook. You will learn to take back control of your own emotions and thus, regain control of your own life.

This book will help newer step-moms/natural moms "arm" themselves with knowledge on what to be prepared for in their futures as well as help rejuvenate good priorities with step-moms/natural moms who have been "around the block" a few times and need a reminder of how to keep perspective. I liked the quotes at the end of the chapters from experienced step-moms and natural moms. An important message from the "No One's The Bitch" movement is that one can only control/change HERSELF and not the stepmom or the mom. That is extremely empowering, once one gets past the helplessness some may feel. I didn't enjoy some of the repetitiousness of the book. A very good effort and a continuation of a dialogue that is sorely needed, in my opinion.

This book was alright, but I was really put off when the author stated that birth moms can have unconditional love, but step moms cannot experience that because the kids aren't "theirs". I totally disagree, or why would people bother to adopt children if they aren't capable of unconditional love. Things wouldn't be so difficult if step moms were given 1/2 a chance and weren't demonized in our society. Other than that this book has some good advice, perhaps the best advice for stepmoms taken from this book is to step back and let the father handle it, and make sure you have a good definition of self before stepping into this situation.

I highly recommend this book if you are in a blended family or mom/stepmom role. This book shares

what stepmom/moms go through and how each feel. It is heartfelt book that is written as a hands-on guide to thriving as a stepparent, remarried mom or single parent, even if the other side won't meet you halfway. It gives you the tools that you need to be a stepmom/mom in high conflict role. I share this book in my stepmom support group -Buckeye Bonusmom. Will continue to share and recommend this book!

The ladies (uhum - Mario too!) have struck again with the highly helpful, realistic and honest book, "Skirts at War." If you feel you are alone in your sometimes difficult and chaotic blended family life and failed attempts at co-parenting with the other family is not an option, read the book. Thanks to the authors, my husband and I have both continued to reference similar situations in the book and feel more comfortable than ever with our relationship with the kids, while having a business only relationship with the other side. A must read if things are great and even if they aren't, the information contained is helpful regardless of the situation.

Jennifer Newcomb Marine and Jenna Korf really nailed it with this book. This was just what I needed right now in my stepmother journey. These ladies have helped me online as well. They aren't new at this and they have found their place through trial and error which is so relieving to hear and read. These two ladies are smart cookies and I am glad to have found them and this book!

For women struggling with a high-conflict counterpart, this is absolutely a must-read. Jennifer and Jenna write from their own experiences, share research and have included authentic quotes from real women going through this situation themselves. This book will give you many tools, and more importantly, will help you to move past the conflict and find peace. I highly recommend this book!

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