



# Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't

By Patricia L. Papernow

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## Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't By Patricia L. Papernow

This engaging and accessible book draws on over thirty years of clinical work, up-to-date research, and the stories of ordinary stepfamilies to describe the five challenges that stepfamily structure creates for intimate relationships. It provides "best practices" for meeting these challenges in a variety of settings and on three levels --psychoeducation, building interpersonal skills, and intrapsychic work. Papernow also explores the similarities and differences in African-American and Latino stepfamilies, stepfamilies headed by LGBT couples, and later life-stage recouplers with adult children.

*Surviving and Thriving in Stepfamily Relationships* is written in a lively style with lots of vivid examples. It is designed to be useful both to stepfamily members themselves and to a wide variety of practitioners, from a highly trained clinician who needs to know how and when to work on all three levels, to a school counselor or clergy person who may work on the first two levels but refer out for deeper psychological work. It also provides a guide for educators, judges, mediators, lawyers and medical personnel who are often on the front lines of providing information and support to stepfamily members.

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### Editorial Review

#### Review

- "This book is the single best stepfamily resource I know." *Reverend Mary Steege, Executive Director, Presbytery of Milwaukee*
- "I bought this book and devoured it in 3 days. This book provided me with practical and sensible suggestions. ... It has opened my eyes immensely and helped me have greater understanding for all of the parties involved." *Amazon reviewer who is an ex-wife to a remarried dad, stepdaughter to a 76 year old remarrying mom, and former stepmother*
- "A remarkable achievement. Destined to be a classic." *Richard Schwartz, PhD, psychologist, couples therapist, developer of the Internal Family Systems model*
- "Incredibly insightful. A must read." *Ron Deal, author, "The Smart Stepfamily: 7 Steps to a Healthy Family"*
- "This book will make your heart more gentle and mind more keen. A trailblazing accomplishment." *Betty F. Pristera, LCSW*
- "Deeply reassuring, hopeful, and helpful." *Dr. Richard Borofsky, Co-Director, Center for the Study of Relationship, Cambridge, MA*

#### From the Inside Flap

- "Patricia Papernow has written an insightful, compassionate guide to stepfamily life. Sure to become a classic, this book normalizes the challenges partners face in creating a safe and loving stepfamily home. Papernow identifies common pitfalls and offers elegant and down-to-earth suggestions to help stepfamilies as they navigate the often difficult and confusing journey of stepfamily life over time. Combining psychoeducation, relationship skills, and deeper individual work, when needed, Papernow brilliantly offers stepfamilies and their therapists techniques to build resilient, flexible relationships within this complex family structure." --Mona Fishbane, PhD, author of *Loving with the Brain in Mind: Neurobiology and Couple Therapy*
- "At last! A practical, accessible guide for stepfamilies, their clergy, counselors, and friends! Integrating research with the stories of a variety of stepfamilies, Papernow provides real help at three levels: first, much needed psycho-education about stepfamily dynamics; second a guide to better interpersonal communications between parents, stepparents, children, and ex-spouses, and finally, guidance for therapists and individuals seeking personal growth within stepfamilies. This well-written book belongs in the office of every counselor and clergy person." Rev. John A. Buehrens, minister, former president of the Unitarian Association, and author of *Understanding the Bible*

#### From the Back Cover

- *Surviving and Thriving in Stepfamily Relationships* is the best book ever written on the topic. Period. It is unique in recognizing the variety of forms of modern stepfamilies and their different needs. And no one

writes as eloquently and knowledgeably as Papernow about both the problematic patterns of stepfamilies and the rich variety of helpful interventions available. This compelling book should be part of the curriculum of every graduate training program and should be read by any therapist who works with couples and families." --*Alan S. Gurman, PhD, Visiting Professor of Psychiatry at Harvard Medical School, and Clinical Professor of Psychology at the Family Institute at Northwestern University.*

- "This long-awaited and extremely important book is destined to be a classic. Written by a pioneer in the field who is in her fourth decade of studying and treating stepfamilies, it is a remarkable achievement filled with wisdom both for those who help stepfamilies and for those who live in them. It is both authoritative, including all the relevant research, and engaging, sprinkled with clear and well-written examples and practical advice. It is also comprehensive, covering stepfamilies of different ethnicities, sexual orientations, and stages of development, and suggesting interventions at a variety of levels. I recommend it to all my student and stepfamily clients." --*Richard Schwartz, PhD, developer of the Internal Family Systems model*

## **Users Review**

### **From reader reviews:**

#### **Jean Spence:**

Hey guys, do you want to find a new book you just read? Maybe the book with the subject *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* suitable to you? The book was written by a popular writer in this era. The actual book is titled *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* is the main one of several books that everyone reads now. This specific book has inspired lots of people in the world. When you read this publication you will enter the new way of measuring that you never knew ahead of. The author explained their strategy in a simple way, consequently all of us can easily be aware of the core of this publication. This book will give you a lot of information about this world now. So you can see the representation of the world on this book.

#### **Henry McMahon:**

Often the book *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* will bring you to the new experience of reading a new book. The author's style to spell out the idea is very unique. When you try to find a new book to study, this book is very acceptable to you. The book *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* is much recommended to you to learn. You can also get the e-book from the official website, so you can quickly read the book.

#### **Pete Dominguez:**

This *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* is a great e-book for you because the content is full of information for you who also always deals with the world and gets to make a decision every minute. That book reveals details accurately using great organized words or we can declare no rambling sentences inside it. So if you read it hurriedly you can have the whole data in it. Doesn't mean it only gives you straight-forward sentences but difficult core information with splendidly delivered sentences. Having *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't* in your hand like getting the world in your arm, the data in it is not ridiculous at all. We can say that no guide

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