



Blending Families Successfully: Helping Parents and Kids Navigate the Challenges So That Everyone Ends Up Happy

George S. Glass, David Tabatsky

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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.

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