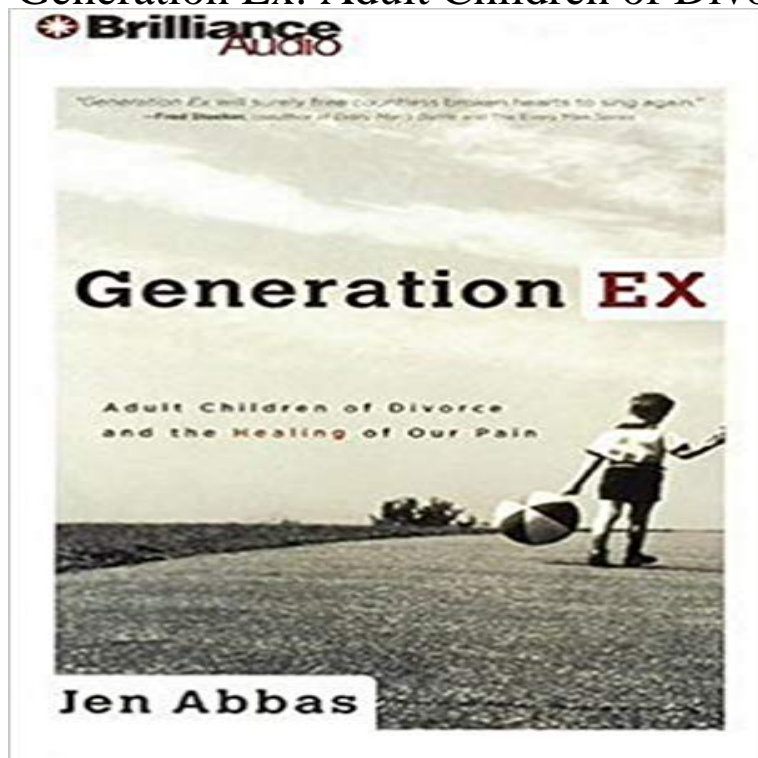


# Generation Ex: Adult Children of Divorce and the Healing of Our Pain



One of the hardest truths about divorce is that every split - no matter when it occurs - will have lifelong effects on the children caught in the crossfire. While most people acknowledge our pain during our parents parting, few of us realize that our most significant insecurities, questions, and doubts may not show up for years, when we seek our own intimate relationships as adults. In fact, millions of adult children of divorce feel lost, displaced, or unwanted years after the ink has dried on their parents divorce decree. Like them, you may fear abandonment, betrayal, or failure in your own marriage. Despite outward successes, you may doubt your emotional abilities. You may notice that your parents divorce affects you more each year, not less. You are not alone. Through research, interviews, and personal stories, *Generation Ex* will help you understand the effect of your parents divorce on your identity, faith, and relationships, and will give you the tools you need to create a dramatically different legacy.

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