



# How to Co-Parent with an Abusive Ex and Keep Your Sanity

*Julie Boyd Cole*

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## **How to Co-Parent with an Abusive Ex and Keep Your Sanity** Julie Boyd Cole

Despite the growing intolerance of domestic violence in our society, family courts around the world are granting abusers shared custody of their children with their victims. This growing trend is empowering abuser to gain back the power and control they once had over their victims in their union by using the children as the object of coercion. Ninety percent of victims who have left their abusive relationship are now co-parenting with abuser and suffering emotional trauma all over again. Until family court judges stop this practice, this book hopes to inspire victims to find their way through this rocky terrain as best they can and stay sane in the process. This book is the experience of one woman's journey in co-parenting with her abuser.

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