

# Coping with Court



The Honorable Maryellen O'Shaughnessy  
Franklin County Clerk of Courts

## Suggested reading for plaintiffs, defendants, and families

Going to court can be stressful for those involved in divorce matters, criminal cases, or other legal proceedings. The following books from the Columbus Metropolitan Library can help provide guidance and support to plaintiffs, defendants, and their families.



### DIVORCE, DISSOLUTION, & CUSTODY

#### *Nolo's Essential Guide to Divorce*

Emily Doskow

346.0166

*Nolo's Essential Guide to Divorce* shows readers how to avoid conflict and navigate a divorce with as much dignity and as little difficulty as possible, helping to preserve long-term relations.

#### *Conscious Uncoupling: 5 Steps to Living Happily Even After*

Katherine Woodward Thomas

306.89

A licensed psychotherapist outlines a five-step plan to ending a failing relationship with minimal damage by practicing goodwill, generosity, and respect.

#### *When Parents Part: How Mothers and Fathers Can Help their Children Deal with Separation and Divorce*

Penelope Leach

306.89

The latest scientific research is analyzed to discuss the various effects of divorce on children in five stages of life, providing practical advice and helping parents to do what is best for their children as they are going through a separation, divorce, or dissolution.

#### *FOR KIDS: When My Parents Forgot How to Be Friends*

Jennifer Moore-Mallinos

J 306.89

A simple explanation of divorce reassures youngsters that they are not responsible for their parents breaking up and that their parents still love them even though they no longer live together.

### CRIMINAL LITIGATION & INCARCERATION

#### *Arrest-Proof Yourself*

Dale C. Carson

363.232

Learn how to steer clear of the criminal justice system and keep yourself on the right side of the law.

#### *The Criminal Law Handbook: Know Your Rights, Survive the System*

Paul Bergman

345.05

This book provides an overview of the criminal justice system for non-lawyers, the general public, and those dealing with legal issues.

#### *Beyond Bars: Rejoining Society after Prison*

Jeffrey Ian Ross

365.6

This guide assists ex-convicts in making a successful return to society by cleaning up their lives, finding jobs, and staying out of prison.

#### *Obtaining a Criminal Pardon: Clear Your Name Legally*

Christopher Guly

345.077

This is a step-by-step guide to clear your name legally and restore your reputation.

#### *FOR KIDS: The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail*

Melissa Higgins

J 362.8295

This child-friendly guide helps young readers deal with the impact of the arrest and imprisonment of a family member.

### JUVENILE CRIME & TRAFFIC

#### *When Kids Get Arrested: What Every Adult Should Know*

Sandra Simkins

345.08

*When Kids Get Arrested* is a perfect resource for parents, teachers and others looking for information on topics such as juvenile police interrogation, detention hearings, bail, and state-by-state specifics.

#### *Not So Fast: Parenting Your Teen through the Dangers of Driving*

Tim Hollister

629.283

Written by a father who lost his teenage son in a car crash, this book offers a unique approach for teen drivers and their parents to help prevent dangerous driving situations.

### FINANCIAL & MENTAL HEALTH

#### *Solve Your Money Troubles: Strategies to Get Out of Debt and Stay That Way*

Cara O'Neill

346.077

This comprehensive guide covers a broad range of topics and strategies so readers can tackle all of their financial problems at once while choosing tactics that work best in specific situations.

#### *Feeling Good: The New Mood Therapy*

David D. Burns, M.D.

616.8527

This drug-free guide to curing anxiety, guilt, pessimism, procrastination, low self-esteem, and other depressive disorders uses scientifically tested methods to improve mood and stave off the blues.