

Flexibility, Skills and Strength: Personal Training in the Collaborative Gym
Presenters: Barbara Burr, JD and Lisa Herrick, Ph.D.

Suggested Books

Ellison, Sharon (2002). *Taking the War Out of Our Words: The Art of Powerful Non-Defensive Communication.*

Emery, Robert (2006). *The Truth about Children and Divorce: Dealing with Emotions so You and Your Children Can Thrive.*

Fisher, R. & Ury, W. (1981). *Getting to Yes.*

Friedman, Gary (1993). *A Guide to Divorce Mediation: How to Reach a Fair, Legal Settlement at a Fraction of the Cost.*

Scharff, K. and Herrick, L. (2010) *Navigating The Emotional Currents of Collaborative Divorce: The Guide to Enlightened Team Practice.*

Scharff, K. and Herrick, L. (2017) *Mastering Crucial Moments in Separation and Divorce: A Multidisciplinary Guide to Excellence in Practice and Outcome*