

# Breaking the Cycle: Jessica Crownshaw's New Book Being Better Co-Parents Empowers Parents to Master Co-Parenting

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## A Groundbreaking Guide to Turning Conflict into Cooperation for the Sake of Your Children

(London, UK) – Successfully navigating co-parenting challenges is no easy feat—but it doesn't have to be a battle. In her transformative new book, *Being Better Co-Parents*, human behaviour expert Jessica Crownshaw delivers a powerful roadmap to fostering healthier, more cooperative parenting relationships for the benefit of children. Now available in paperback, hardcover, and ebook formats on Amazon, Waterstones.com, Foyles.com and wherever books are sold online, this insightful guide is a must-read for parents striving to create stability and emotional well-being for their children post-separation.

Drawing from both personal experience and deep behavioural insights, Crownshaw highlights how self-awareness and individual reflection can reshape co-parenting dynamics. Unlike traditional parenting guides, *Being Better Co-Parents* focuses on the emotional intelligence of parents themselves, offering clear, practical advice on communication, conflict resolution, and emotional resilience.

## Why This Book Matters Now More Than Ever

? **Empowers Parents with Practical Tools** – Learn effective strategies to foster positive interactions, reduce tension, and build a supportive environment for children.

? **A Fresh Take on Co-Parenting** – Rather than focusing solely on legal agreements or external conflict management, this book prioritises the emotional and psychological well-being of both parents and children.

? **Timely and Relevant** – With family dynamics evolving post-pandemic, more parents than ever are navigating co-parenting challenges, making this book an essential resource for modern families.

? **Expert Advice Backed by Experience** – Crownshaw's insights blend personal storytelling with research-based strategies, making her guidance both relatable and actionable.

## Praise for Being Better Co-Parents

"*Being Better Co-Parents* is an excellent resource for all parents navigating the challenges and difficulties of 21st century family relationships, apart and together. Jessica Crownshaw provides expert and practical guidance which always puts the child at the centre." – Amazon review

"An important book that needs to be read by everyone involved in the process of separating or divorcing: parents, relatives, and all of those involved in the courts. *Being Better Co-Parents* reminds everyone that when it comes to co-parenting, the interests of the children are paramount." – Amazon review

## Exclusive Interview Opportunities Available

Jessica Crownshaw is available for expert commentary on co-parenting strategies, emotional intelligence in parenting, and navigating post-separation relationships. To schedule an interview or request a review copy, please contact:

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To connect with Jessica directly, please contact her via Instagram @beingbettercoparents.

## About the Author

Jessica Crownshaw is an expert in human behavior and family dynamics, dedicated to helping parents cultivate stronger, healthier relationships for the well-being of their children. With a passion for guiding families through difficult transitions, she offers insightful and actionable strategies that make co-parenting

more manageable and fulfilling.

*Being Better Co-Parents* is now available for purchase in paperback, hardcover, and ebook formats from Amazon, Waterstones.com, Foyles.com, and wherever quality books are sold online.

Amazon: <https://shorturl.at/JjR1f>

Waterstones: <https://shorturl.at/LyCq9>

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