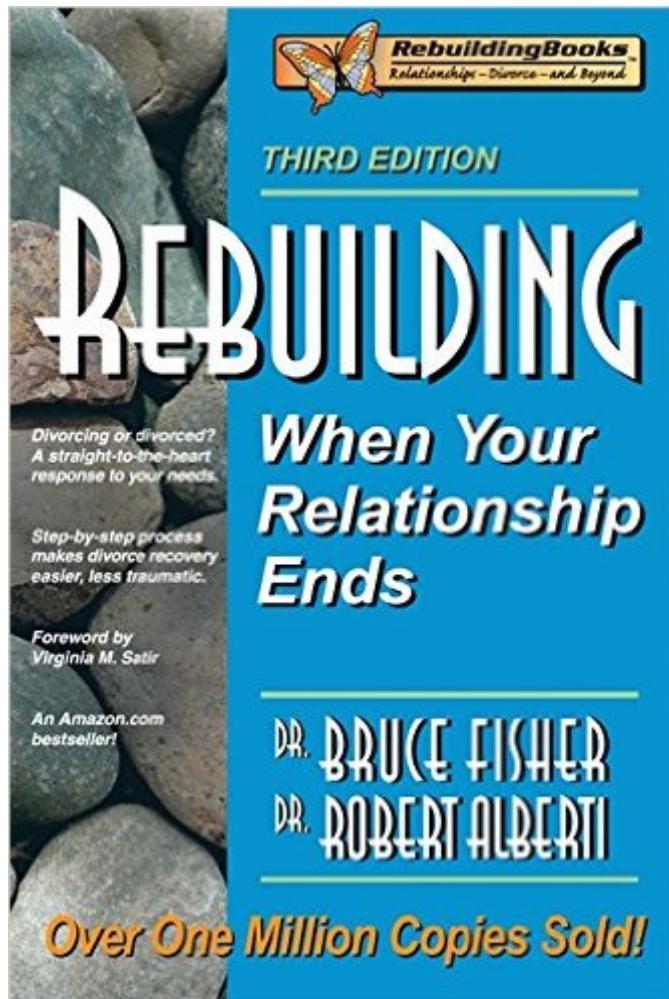


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# Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce And Beyond)



## Synopsis

â œHow does he know exactly what Iâ ™m feeling?â • Thatâ ™s the most-heard reader comment about this one million copy bestseller by internationally-renowned divorce therapist Bruce Fisher. Rebuilding features Fisherâ ™s â œdivorce process rebuilding blocks,â • a proven nineteen-step process for putting oneâ ™s life back together after divorce. Clearly the most widely-used approach to divorce recovery, the â œrebuildingâ • model makes the process healthier and less traumatic for those who are divorcing or divorcedâ "and their children. Over two decades of research and practice are combined with feedback from hundreds of thousands of men and women who have used the book on their own or in one of thousands of Fisher divorce recovery seminars worldwide. Also includes Bruceâ ™s detailed Healing Separation modelâ "first of its kind to offer couples a healing alternative to the usual slide from separation to divorce. The 3rd edition, revised with the assistance of psychologist and marriage and family therapist Dr. Robert Alberti, continues Bruceâ ™s tradition of straight-to-the-heart response to the needs of his clients and readers. Just the right balance of shoulder-to-cry-on and kick-in-the-pants self-help!

## Book Information

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## Customer Reviews

In its third printing, this book is a self-help manual for those trying to recover from a divorce, or going through the process of divorce. The first thing I noticed about Rebuilding is the feelings that surface during this trying and stressful period of your life are identified. When we are really suffering, it is hard sometimes, to analyze what we are feeling. Is it pain? Depression? Self-hate? All of the above? It is comforting to read that you learn we are not alone in our pain and confusion and that

given the circumstances, the turmoil you are experiencing is quite normal. As each emotion is explored, the reasons for them are also examined. An example from another who has suffered the same misery is given, then the best part--what we can do with and about those upsetting, hurtful and sometimes hateful feelings that want to pull us under and drown us. For example, Chapter 7 looks at the two, " . . . very strong feelings which accompany the trauma of divorce--guilt and rejection. Advice given is to do a self-examination. Do we need to learn new ways of relating to people? Do we realize that feeling rejected is a part of ending any relationship? It's normal. It's natural. There is nothing wrong with us. Whew! If you are the one leaving the relationship, you are probably feeling guilt. You don't want to hurt someone you do or did love. However, say Fisher and Alberti, "To end a love relationship may be appropriate because it has been destructive for both people." Leaving can be a good thing for both people in the relationship. The chapter continues to describe the emotional cycles the "dumpers" (the one ending the relationship) and the "Dumpee" (the one being rejected) go through.

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