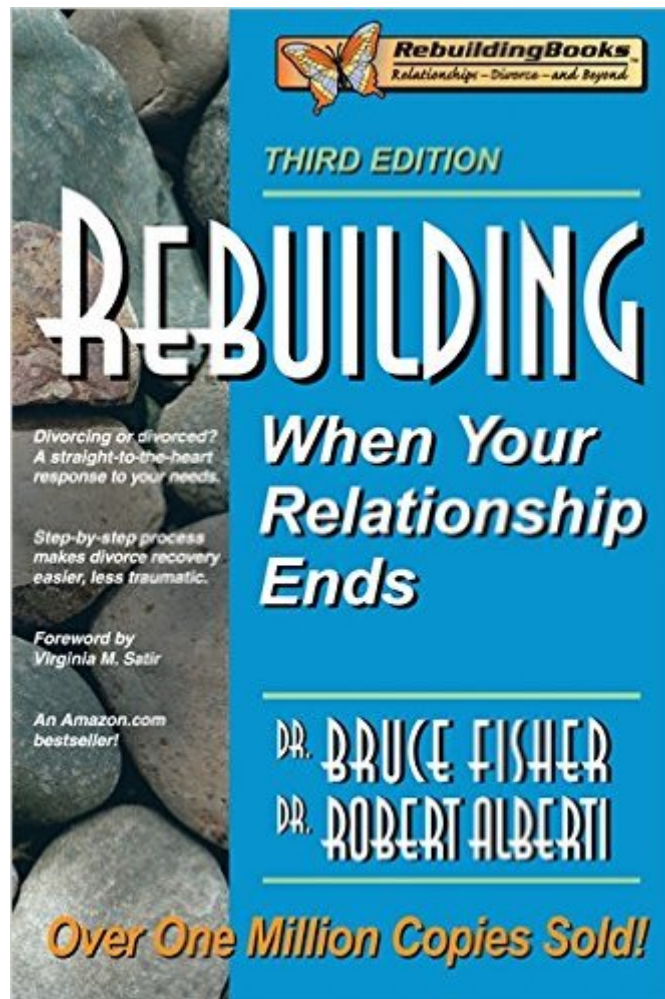


The book was found

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



Synopsis

“How does he know exactly what I’m feeling?” That’s the most-heard reader comment about this one million copy bestseller by internationally-renowned divorce therapist Bruce Fisher. *Rebuilding* features Fisher’s “divorce process rebuilding blocks,” a proven nineteen-step process for putting one’s life back together after divorce. Clearly the most widely-used approach to divorce recovery, the “rebuilding” model makes the process healthier and less traumatic for those who are divorcing or divorced—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 Bruce’s detailed Healing Separation model “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 Bruce’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

Paperback: 304 pages

Publisher: Impact Publishers; 3 edition (November 1, 1999)

Language: English

ISBN-10: 1886230692

ISBN-13: 978-1886230699

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (229 customer reviews)

Best Sellers Rank: #13,580 in Books (See Top 100 in Books) #19 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #471 in [Books > Self-Help > Relationships](#) #570 in [Books > Self-Help > Personal Transformation](#)

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.

[Download to continue reading...](#)

Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond)
Divorce & Money: How to Make the Best Financial Decisions During Divorce (Divorce and Money)
The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without
Minor Children (Michigan Divorce Book Without Minor Children) Parenting After Divorce: Resolving
Conflicts and Meeting Your Children's Needs (Rebuilding Books) When Happily Ever After Ends:
How to Survive Your Divorce Emotionally, Financially and Legally The Divorce Handbook: Your
Basic Guide to Divorce (Revised and Updated) How to Do Your Own Divorce in California in 2015:
An Essential Guide for Every Kind of Divorce How to Do Your Own Divorce in California in 2016: An
Essential Guide for Every Kind of Divorce How to Do Your Own Divorce in California: a Complete
Kit for an Out-of-Court Divorce Or Dissolution The Post Traumatic Stress Disorder Relationship:
How to Support Your Partner and Keep Your Relationship Healthy The Child Custody Book: How to
Protect Your Children and Win Your Case (Rebuilding Books) The Smart Divorce: Proven
Strategies and Valuable Advice from 100 Top Divorce Lawyers, Financial Advisers, Counselors,
and Other Experts Putting Kids First in Divorce: How to Reduce Conflict, Preserve Relationships
and Protect Children During and After Divorce DIVORCE: Think Financially, Not Emotionally™
Volume I: What Women Need To Know About Securing Their Financial Future Before, During, And
After Divorce Divorce Without Court: A Guide to Mediation and Collaborative Divorce DIVORCE:
Think Financially, Not Emotionally™
Volume II: What Women Need To Know About Securing
Their Financial Future Before, During, And After Divorce Florida Divorce Handbook 5th ed. (Florida

Divorce Handbook: A Comprehensive Source of Legal Information & Practical Advice) Preparing for
Divorce While Happily Married: Tips from a Divorce Lawyer Divorce for Grownups, a
Comprehensive Guide to Divorce in California Divorce Solutions: How to Make Any Divorce Better

[Dmca](#)