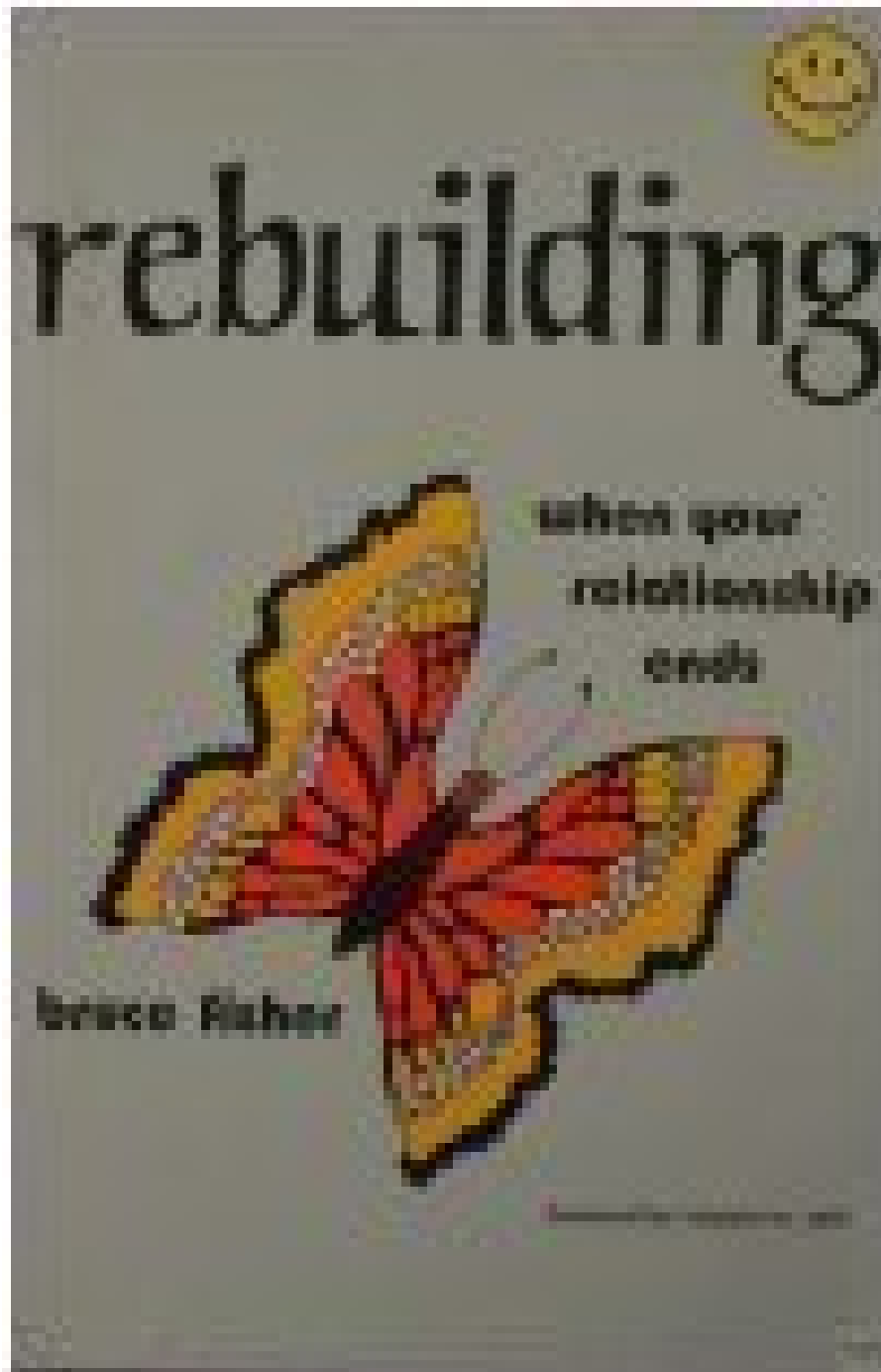


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- 205 pages

Features

- Great product!

Most helpful customer reviews

0 of 0 people found the following review helpful.

I would highly recommend this edition to anyone who finds him or her ...

By Glenn Carlton

This, the first edition of "Rebuilding", is truly a classic. I would highly recommend this edition to anyone who finds him or her self in the "Sea Of Grief" after a cherished love has walked out of his or her life. Thank you, Bruce Fisher.

6 of 6 people found the following review helpful.

A great book for personal growth

By A Customer

As someone trying to get over a seven-year relationship back in 1994, this book was my savior. I needed to understand why I felt what I felt. This book allowed me to understand the mix of emotions and turmoil I was going through. And contrary to other books offering more creative approaches, Bruce Fisher's actually explains the complex psychological process of grief, loss and recovery. I still read it today to understand other's feelings and reactions and to better manage my current relationships. A must.

19 of 20 people found the following review helpful.

finally a serious book about the end of a relationship

By A Customer

This is by far the best book I've found about dealing with the pain and trauma of a relationship that has ended. It lays out nineteen stages that you're likely to go through, from denial and fear, through loneliness and rejection/guilt (including a discussion of the differences between being dumped and dumping), grief, anger, and then to the more positive stages of letting go, refinding one's self-worth, becoming more open, loving, trusting and finally finding purpose freedom.

The book is based on years of experience in seminars for divorcees, and there are lots of examples that are well explained and discussed. There are also specific "assignments" for each stage. For instance, there are

specific strategies for dealing with fear and anger, and these are very concrete and helpful.

The book also suggests that "growing relationships" can be helpful while working through the aftermath of a serious relationship. Growing relationships can be friendships or sexual relationships, but the point is that they are open, honest, and that a main goal in the relationship is that the partners learn about themselves and each other here and now rather than building a long-term committed and stable relationship. I found it interesting to read about the differences between such a relationship and a conventional, committed, long-term stable relationship. It also freed me from thinking that I should immediately see any new relationship as a committed long-term relationship. There are other kinds too, and many of the authors' insights about growing relationships would also be useful in a long-term, committed relationship.

Each chapter has a section about children's responses to their parents breaking up, in the stage the parents are in, and finally there's an appendix about how to have a healing separation, which is like a trial separation except both parties commit to working constructively towards their personal growth and their coming together again as a couple.

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