

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

By Bruce Fisher, Robert Alberti

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How does he know exactly what I'm feeling? That's the most-heard reader comment about this over 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. Rebuilding has consistently been the #1 divorce bestseller at Amazon. com. 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!

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Editorial Review

Review
"*...a handbook for the divorcing and divorced that is authentic and which they can employ in the rebuilding of their own lives.*" -- **Esther Oshiver Fisher, J.D., *Journal of Divorce***

"*...deals with the everyday feelings and problems of the divorcing and divorced... hits just the right balance between seriousness and optimism.*" -- **Florence Kaslow, Ph.D., *Journal of Marital and Family Therapy***

"*I found the book comforting, helpful and realistic it is going to hurt, and it will not be easy, but you can do.*" -- **Marilyn Anita Dalrymple, *Affaire de Coeur***

"*If you're putting your life back together after a divorce, you need this book! It could be just what you're looking for to help you get your life back on track. I found it to be very interesting and informative.*" -- **Jeanette Wright, *Borger News-Herald***, Borger, Texas

"*One of the best books written for the divorcing person... warm, engaging.*" -- ***The Behavior Therapist***

"*...warm, simple, and direct... this is a book you will not want to put down.*" -- ***A.R.E. Press***

"*Shows you how to move from denial to freedom and even another love.*" -- **Jann Mitchell, *The Sunday Oregonian***

"*...exactly what you need to help put your life back together during and after a divorce.*" -- ***Divorce Magazine***

"*I have read it four times and highlighted it in four different colors. I get something very different out of it each time...I have given it to many others...It is so right on about the recovery process that it is amazing.*" -- **Joy (online review)**

"*It made me realize I was not the only person who felt and acted in a certain way when my marriage ended. We all have the same reactions and emotions. The steps to rebuilding your life make sense and should be followed.*" --**Linda (online review)**

From the Publisher
Books in the Rebuilding Books series "for divorce and beyond" are written for those going through divorce or rebuilding their lives after divorce. Inspired by the work of renowned divorce therapist, Dr. Bruce Fisher, the Rebuilding Books offer expert information and practical self-help procedures. These straightforward, life-affirming resources can help make the divorce process easier, healthier, and less painful, leading to more-fulfilled lives and stronger "second-time" relationships.

From the Author
"Learn all you can, heal all you can, and stop holding the precious butterfly in your hands so tightly that it can't fly and be free." --Bruce Fisher

"Getting over your divorce will take you a while -- probably a year or more. I know that's not what you want to hear, especially in the age of 'one-minute' and 'chicken soup' cures. But in the real world you won't go

from married person to divorced person to fulfilled independent person in a few weeks, or even a few months. It takes only a few hours to read REBUILDING, but this book can help you cut months off the time it takes to put your life back together." --Robert E. Alberti, Ph.D.

Users Review

From reader reviews:

Angela Dickens:

What do you think of book? It is just for students because they are still students or that for all people in the world, what the best subject for that? Just simply you can be answered for that problem above. Every person has different personality and hobby for each other. Don't to be obligated someone or something that they don't desire do that. You must know how great as well as important the book Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond). All type of book could you see on many solutions. You can look for the internet methods or other social media.

Maurice Henkel:

The book untitled Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond) contain a lot of information on that. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was compiled by famous author. The author provides you in the new period of literary works. You can easily read this book because you can keep reading your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice learn.

Sang O\'Connor:

As a student exactly feel bored to reading. If their teacher requested them to go to the library as well as to make summary for some reserve, they are complained. Just tiny students that has reading's spirit or real their interest. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that reading is not important, boring in addition to can't see colorful pics on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond) can make you truly feel more interested to read.

Jordan Moore:

Reading a publication make you to get more knowledge from that. You can take knowledge and information originating from a book. Book is published or printed or illustrated from each source that filled update of news. In this modern era like currently, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Do you want to spend your spare time to spread out your book?

Or just looking for the Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond) when you essential it?

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