

Coming Apart Why Relationships End And How To Live Through The Ending Of Yours

Rebuilding Bruce Fisher 1992 A positive step-by-step programme for putting your life back together when your relationship ends.

How to Survive Change . . . You Didn't Ask For M. J. Ryan 2014-03-01 "Teaches us how we can get through the pain more quickly and extract greater meaning from the nonnegotiable events of life."—Ellyn Spragins, author of *What I Know Now: Letters to My Younger Self* These are challenging times. Chances are, at this moment, you're confronting some change you never asked for—perhaps a life crisis, like a loss of job or the failure of a dream. Maybe you have to learn to work in new ways or find a new place to live. Bestselling author, thought leader, and change expert M.J. Ryan is here to help. Within the pages of *How to Survive Change...You Didn't Ask For*, you'll find the support and practices you need to adapt successfully and ride the wave of this change, whatever it may be. Change is always hard, and it's even harder when it's thrust upon us, unbidden. But with every change, there is also opportunity. In this book, the New York Times-bestselling author of *Attitudes of Gratitude* provides strategies to retain your brain and optimize your response to life change, step by step. Best of all, as your adaptability increases, so does your confidence—with her guidance, you will be able to:

- Accept change
- Expand your options
- Take action
- Strengthen your adaptability
- Turn life transitions into opportunities for success
- survive and thrive no matter what life throws your way

[Subject Guide to Books in Print](#) 1993

By the Book Martha Blue 1990

Songs to the Wise 1 Michel-Pierre Huppé 2016-07-14 *Songs to the Wise 1* takes on a simple yet sizeable challenge: to impart profound knowledge, practical skills, and universal truths in an immediately useful way, and in as few words as possible. Combining the power and play of rhyme with the authors extensive reading history and rich life experience, its packed with wise words, pithy messages and tangible takeaways to improve every aspect of ones life. Whether read at length or browsed at leisure, it will provide timely answers in challenging times, clear guidance where maps have become scarce, and balanced perspective as we journey through this world.

1001 Ways to Market Your Books John Kremer 1990

The Seasons of Change Carol L. McClelland 1998-01-01 A wise, helpful book that provides practical tools for one of modern life's greatest challenges -- Change. True help for everyone -- no matter what difficult or exciting transition you are in! Provides a model based on the four seasons to help align you with natural forces. Using a simple questionnaire, you can discover where you are in your transition process, how to move forward, and how to not get off track. Includes advice for building a strong support network for times of change.

Coming Apart Daphne Rose Kingma 2012-04-01 Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. *Coming Apart* is a first-aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self-esteem intact. Daphne Rose Kingma, the undisputed expert on matters of the heart, explores the critical facets of relationship breakdowns: Love myths: why we are really in relationships The life span of love The emotional and unconscious processes of partingHow to get through the ending How to create a personal workbook for finding resolution Originally published in 1987, and continuously in print since then, with more than half a million copies sold, *Coming Apart* has been an important resource for hundreds of thousands of readers experiencing the pain and stress of a breakup. For anyone going through the ending of a relationship Kingma is a caring, sensitive guide. This repackaged edition includes a new introduction by the author.

Integral Relationships: A Manual for Men Martin Ucik 2010-08

He's History, You're Not Erica Manfred 2009-05-05 She can help save divorcees lots of anguish, and lots of cash. HE'S HISTORY, YOU'RE NOT discusses how to: Avoid "kiss of death" marriage counselors to determine if reconciliation is possible. Find an affordable divorce lawyer who does not snort scornfully at the word "mediation." Survive the first, worst, year. Deal with your adult or teen kids (who can be just as devastated as small children). Get back to work or find a new career. (Age discrimination does not have to stop you.) Use the Internet to date the Viagra generation. Restore your self-esteem despite body parts that have succumbed to gravity. Forgive the bastard (and yourself) and finally move on...and much more.

Writing Yourself Home Kimberly Snow 1992-03-01 Writing Yourself Home features over seventy-five readings by such noted authors as Maxine Hong Kingston, Alice Walker, Virginia Woolf, Margaret Atwood, and Simone de Beauvoir, as well as more than 200 writing and visualization exercises on love, relationships, families, language, dreams, and writing. Designed as a guided journal, these readings and writings will help clarify issues for women interested in personal growth and those who want to enhance their writing.

Uncoupling Diane Vaughan 1986 Uncoupling is a breakthrough in understanding the dynamics of intimate relationships. Through extensive research and dozens of case histories, Diane Vaughan reveals the underlying patterns beneath every disintegrating relationship.--[book jacket].

The WomanSource Catalog & Review Ilene Rosoff 1995

Handbook of Contemporary Families Marilyn Coleman 2004 The Handbook of Contemporary Families explores how families have changed in the last 30 years and speculates about future trends. Editors Marilyn Coleman and Lawrence H. Ganong, along with a multidisciplinary group of contributors, critique the approaches used to study relationships and families while suggesting modern approaches for the new millennium. The Handbook looks at how changes within the contemporary family have been reflected in family law, family education, and family therapy. The Handbook of Contemporary Families is an excellent resource for advanced undergraduate and graduate students, researchers, educators, and practitioners who study and work with families in several disciplines, including Family Science, Human Development and Family Studies, Sociology, Marriage & Family Therapy, and Social Work.

Why We Love the People We Do and How They Sometimes Drive Us Crazy Daphne Rose Kingma 2000-12

Paperbound Books in Print 1992

Conscious Uncoupling Katherine Woodward Thomas 2015-09-24 In 2014 a media storm erupted when Gwyneth Paltrow announced her separation from Chris Martin, describing it as a harmonious and mutual 'conscious uncoupling' and the term entered the world's vocabulary overnight. Coined and created by relationship expert Katherine Woodward Thomas, the expression 'conscious uncoupling' has become synonymous with a divorce where both partners accept that they each played a role in the breakup and, in particular, are looking to co-parent in a functional and healthy way in the future. The Conscious Uncoupling 5 Step Process is designed to support separating couples through the thorny terrain of a breakup, helping them to consciously complete a relationship in ways that leave all involved whole, healthy and well, and optimistic about future relationships. CONSCIOUS UNCOUPLING offers a new paradigm for divorcing couples and is set to become a classic in the genre.

Upscale 1999

Vital Signs Gregg Levoy 2014-12-26 Rediscover—or discover for the first time—the things that make you passionate in life Vital Signs is about what inspires passion and what defeats it. How we lose it and how we get it back. And ultimately it's about the endless yet endlessly fruitful tug-of-war between freedom and domestication, the wild in us and the tame, our natural selves and our conditioned selves. Each chapter in Vital Signs will contain a core sample, an intimate biography of one of the strategies we employ to gain or regain our passion. The book also affirms the importance

of courageous inquiry into dispassion—where we're numb, depressed, stuck, bored—so the reader can recognize and change these tendencies in themselves.

Rise and Shine Simon Lewis 2010-05-01 "When I was thirty-five, my wife and I were both reported dead by the first paramedics to arrive at the scene of a seventy-five-mile-an-hour hit-and-run. My wife Marcy died instantly that day. With brain damage from a massive stroke and my body broken, I wasn't expected to survive either." So begins *Rise and Shine*, the dramatic story of Simon Lewis and his remarkable recovery from a horrific car accident. Told through the eyes of someone who has "lived through it" and successfully overcome the hurdles of the health insurance maze, *Rise and Shine* is a first-person account of unexpected tragedy and life-affirming courage, with lessons both medical and spiritual. *Rise and Shine* shows how much patients can achieve, beyond the limited horizons of insurance-based diagnosis, treatment and rehabilitation, to attain maximum regeneration and rebuild their lives. An inspiring story about what it means to return to life after a near-death experience, *Rise and Shine* is, essentially, an exploration of the nature of consciousness itself, and an impassioned tale about survival and recovery.

If I Love You, Why Is It So Hard to Live With You? Susan Gleeson 2013-09 EMPATHY IS THE KEY: NO MATTER WHERE WE ARE IN THE LIFE OF AN INTIMATE RELATIONSHIP, EMPATHY IS THE QUALITY WE NEED. "After all is said and done, to thrive in an intimate relationship, the quality most required is that of empathy extended from each partner to the other. We can attain this state after both partners have learned to know and accept themselves, and after they know and fully accept the other. In addition to empathy, we need to become curious and diligent students of our relationship, the We that we create, which is an entity unto itself and is as real as each of us as individuals." In *If I Love You, Why Is It So Hard to Live With You?*, Dr. Gleeson discusses how we can tackle the process of learning how to know and accept ourselves, how we can make a healthy choice of intimate partner, and how we can come to understand our relationship.

The Men We Never Knew Daphne Rose Kingma 1994-01-01 From the author of the bestseller *Coming Apart* comes a groundbreaking guide that shows women how to transform their relationships by helping the men they love get in touch with their feelings. "Addresses the issues today's women want to know about most".--Dr. Riki Robbins Jones, author of *The Empowering Woman*.

Finding True Love Daphne Rose Kingma 2001-08-01 Shows readers how to prepare themselves emotionally and spiritually as a prerequisite to a fulfilling relationship, through cultivating four essential qualities of the soul--faith, intention, trust, and surrender. By the author of *A Lifetime of Love*. Reprint. 40,000 first printing.

New Millennial Sexstyles Carol Siegel 2000 *New Millennial Sexstyles* questions the twin feminist orthodoxies that the 1960s sexual revolution failed women and that the sexual attitudes most prominent in current youth cultures are deplorably regressive. Comparing the American sexscape she inhabits to the vision of contemporary culture produced by feminist theorists, Carol Siegel considers whether the sexual revolution may have succeeded, but in ways not recognized by current academic studies of gender and sexuality. In discouraging undomesticated heterosexuality, academic feminism ignores the connection between mainstream opposition to all unrestrained sexual expression and the growth of new forms of homophobia in our times. At the same time, the youth subcultures' challenges to these views of sexuality and gender have been dismissed as insignificant, or misunderstood as sexist. In this book, they receive more respectful attention. Siegel draws on her own experience as a college student to create a personal history of academic feminism's early sympathy with bourgeois values. She looks at the development of American sex advice literature and at the reception of such "transgressive" popular films as *Basic Instinct*, *Thelma and Louise*, and *Natural Born Killers* to demonstrate that the most profoundly capitalist feminist theories have always been the most culturally authoritative. A more encouraging vision emerges in the book's second half, where a record of conversations about sex and gender with young people, and of their responses to products

designed for their consumption, takes the reader through some of today's most radical youth cultures and suggests new directions for gender studies.
Between Love and Hate Lois Gold 2013-11-11

Addiction to Love Susan Peabody 2011-04-13 Love addiction manifests in many forms, from Fatal Attraction-type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone—the "I hate you but don't leave me" relationship. In ADDICTION TO LOVE, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively dotting love addict to the addict who can't disentangle from an unfulfilling, dead-end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. • A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. • Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. • Even relationships with parents, children, siblings, or friends may be addictive—dependency is not always related to romantic love. • Previous editions have sold more than 40,000 copies. "Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of this condition not comprehended in other books of its kind. Recovery is possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship." —Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist

Love and Intimate Relationships Norman M. Brown 2013-06-17 Using a style that draws students into the ongoing inquiry into how intimate relationships work, *Love and Intimate Relationships* investigates the life cycle of relationships influences that affect them, theories behind them, and ways to improve them. Dozens of stories from students themselves, case examples and over 150 tables, figure, and the cartoons of Don Edwing of Mad Magazine help bring the material alive. The book is also unique in exploring aspects of human relationships not covered in other textbooks on the subject. *Love and Intimate Relationships* helps bring the complex issues surrounding intimate relationships into focus for students from diverse backgrounds. The multidisciplinary perspective of the textbook makes it ideal for introductory courses in psychology, marriage counseling, human relations, and sexuality, and interpersonal relationships

Women's Health Marian C. Condon 2004 A "must have," this user-friendly resource provides all of the essentials of women's health: how to promote it, the societal factors that so greatly impact it, and how to choose wisely among the wide range of health care modalities available. Addressing the physical, mental, and spiritual aspects of health, it offers concrete guidelines for promoting wellness and recognizing illness. Included are discussions of societal factors that influence health and healthcare, as well as controversial issues such as the necessity of surgical interventions. A critique of both traditional and commonly used alternative therapies and remedies provides a complete picture of the health care options available today.

Finish the Journey Joe Florentino 2009 Don't live through divorce by yourself, because you're not alone. Over 1,000,000 people divorce annually in the United States. This leaves approximately 500,000 men each year searching for answers and guidance. The author is a regular middle-class guy who chose to do something positive with his divorce; to turn tragedy into triumph. Now every man can benefit from Joe's nearly two years of research, his interviews with over two hundred men, and his own personal experience. Men are often banished by the stereotype of being insensitive womanizers. Nothing could be further from the truth. Men are emotional, men are sensitive, and men are affected by divorce in ways that are traumatic to our very heart, mind, and soul. This book specifically details: Understanding what went wrong Healthy ways to accept responsibility without beating yourself up Advice to help the children adjust while becoming a great single parent Strategies to make it through the dark days of

emotional depression Re-entering the dating world in a way that best fits each individual And so much more...Take the time to live and learn from your divorce so you can embrace the far better life that awaits you!

The Dark Side of Close Relationships Brian H. Spitzberg 2013-06-17 This collection of essays represents a follow-up to the editors' 1994 publication, *The Dark Side of Interpersonal Communication*. In the preface to that collection of essays, they argued that "To fully understand how people function effectively requires us to consider how individuals cope with social interaction that is difficult, problematic, challenging, distressing, and disruptive." In this companion volume, the focus expands from social interaction to close relationships. Aside from the inherent need to investigate the bad as well as the good of interpersonal relationships, the editors and their colleagues simply find the dark side metaphor to be intellectually arousing. It stimulates investigation of important yet often neglected phenomena, and it especially encourages consideration of the hidden and forbidden, and the paradoxical and ironic elements of human relating. This volume assembles the cutting-edge work of first rate scholars from the ranks of communication, psychology, sociology, and cognate disciplines. As in the previous text, the subject matter and stylistic approaches are diverse, reflecting the broad and interdisciplinary domain that is the dark side of human affairs. The selection of topics is somewhat selective, reflecting only a sample of emerging scholarship in the interdisciplinary study of relationships. These internationally recognized scholars examine various topics related to the dark side, including fatal attractions, jealousy and envy, misunderstanding, gossip, conflict, codependence, sexual coercion, stalking, relationship termination, unrequited love, and mental health problems in relationships. Some chapters present original data and models, whereas others reconfigure the way in which the understandings of relationships can be better understood. In addition, the bookend chapters examine the ideology, nature, and problems of dark side scholarship. Collectively, the scholarly journeys made in this volume are intended to illustrate the complexities--both moral and functional--involved in close relationship processes. The intent is neither to valorize nor demonize the darker aspects of close relationships, but rather to emphasize their importance to the day-to-day "doing" of relationships. Only by accepting such processes as integral to relationships can their role be fully understood.

Reading Programs for Young Adults Martha Seif Simpson 2015-11-16 School and public libraries often provide programs and activities for children in preschool through the sixth grade, but there is little available to young adults. For them, libraries become a place for work—the place to research an assignment or find a book for a report—but the thought of the library as a place for enjoyment is lost. So how do librarians recapture the interest of teenagers? This just might be the answer. Here you will find theme-based units (such as *Cartoon Cavalcade*, *Log On at the Library*, *Go in Style*, *Cruising the Mall*, *Space Shots*, *Teens on TV*, and 44 others) that are designed for young adults. Each includes a display idea, suggestions for local sponsorship of prizes, a program game to encourage participation, 10 theme-related activities, curriculum tie-in activities, sample questions for use in trivia games or scavenger hunts, ideas for activity sheets, a bibliography of related works, and a list of theme-related films. The units are highly flexible, allowing any public or school library to adapt them to their particular needs.

Boys' Own Stories Graeme Lay 2000 The stunning success of young women fiction writers in New Zealand in recent years has overshadowed the fact that young male fictioneers have also been busy writing quality short stories. *Boys Own Stories* is a collection of eighteen stories by male writers, all under the age of forty. It includes work by award winning short story writers such as Carl Nixon and Denis Baker, along with novelists like Peter Feeney and Chad Taylor. Selected by noted writer, editor and reviewer, Graeme Lay, *Boys Own Stories* shows that the art of short story writing is alive and well regardless of authorial gender and if there is a contest between the sexes, the boys are holding their own. The Authors Denis Baker, Andrei Baltakmens, William Brandt, Mark Broatch, James Brown, Peter Feeney, Michael Galvin, David Geary, Tim Jones, Phil Kawana, Zion A. Komene, John McCrystal, Carl Nixon, Rob O'Neill, Antonius Papaspiropoulos, Duncan Sarkies, Bernard Steeds and Chad Taylor.

The Unofficial Guide to Divorce Sharon Naylor 1998-10-09 The statistics are no secret: the U.S. Census Bureau reports that 50% of marriages end in divorce. This means that each year, 2.5 million people go through the divorce process -- many of them without a clear-cut understanding of their options. That's where *The Unofficial Guide to Divorce* comes into play. While most books on divorce are either personal sagas or dry, technical guides, this book is written with the aid of both a therapist and an attorney. It sensitively explains the process and offers unbiased advice on selecting an attorney, evaluating agreement options, dealing with a high-conflict divorce, helping families cope with stress, getting emotional support, using the Internet as a valuable resource, and so much more. *The Unofficial Guide to Divorce* will allow readers to survive the ordeal and come up winners both emotionally and financially.

Books in Print Supplement 2002

Emotional Terrors in the Workplace: Protecting Your Business' Bottom Line Vali Hawkins Mitchell 2004-11 Annotation Reasonable variations of human emotions are expected at the workplace. People have feelings. Emotions that accumulate, collect force, expand in volume and begin to spin are another matter entirely. Spinning emotions can become as unmanageable as a tornado, and in the workplace they can cause just as much damage in terms of human distress and economic disruption. All people have emotions. Normal people and abnormal people have emotions. Emotions happen at home and at work. So, understanding how individuals or groups respond emotionally in a business situation is important in order to have a complete perspective of human beings in a business function. Different people have different sets of emotions. Some people let emotions roll off their back like water off a duck. Other people swallow emotions and hold them in until they become toxic waste that needs a disposal site. Some have small simple feelings and others have large, complicated emotions. Stresses of life tickle our emotions or act as fuses in a time bomb. Stress triggers emotion. Extreme stress complicates the wide range of varying emotional responses. Work is a stressor. Sometimes work is an extreme stressor. Since everyone has emotion, it is important to know what kinds of emotion are regular and what kinds are irregular, abnormal, or damaging within the business environment. To build a strong, well-grounded, value-added set of references for professional discussions and planning for Emotional Continuity Management a manager needs to know at least the basics about human emotion. Advanced knowledge is preferable. Emotional Continuity Management planning for emotions that come from the stress caused by changes inside business, from small adjustments to catastrophic upheavals, requires knowing emotional and humanity-based needs and functions of people and not just technology and performance data. Emergency and Disaster Continuity planners sometimes posit the questions, "What if during a disaster your computer is working, but no one shows up to use it? What if no one is working the computer because they are terrified to show up to a worksite devastated by an earthquake or bombing and they stay home to care for their children?" The Emotional Continuity Manager asks, "What if no one is coming or no one is producing even if they are at the site because they are grieving or anticipating the next wave of danger? What happens if employees are engaged in emotional combat with another employee through gossip, innuendo, or out-and-out verbal warfare? And what if the entire company is in turmoil because we have an Emotional Terrorist who is just driving everyone bonkers?" The answer is that, in terms of bottom-line thinking, productivity is productivity? and if your employees are not available because their emotions are not calibrated to your industry standards, then fiscal risks must be considered. Human compassion needs are important. And so is money. Employees today face the possibility of biological, nuclear, incendiary, chemical, explosive, or electronic catastrophe while potentially working in the same cubicle with someone ready to suicide over personal issues at home. They face rumors of downsizing and outsourcing while watching for anthrax amidst rumors that co-workers are having affairs. An employee coughs, someone jokes nervously about SARS, or teases a co-worker about their hamburger coming from a Mad Cow, someone laughs, someone worries, and productivity can falter as minds are not on tasks. Emotions run rampant in human lives and therefore at work sites. High-demand emotions demonstrated by complicated workplace

relationships, time-consuming divorce proceedings, addiction behaviors, violence, illness, and death are common issues at work sites which people either manage well? or do not manage well. Low-demand emotions demonstrated by annoyances, petty bickering, competition, prejudice, bias, minor power struggles, health variables, politics and daily grind feelings take up mental space as well as emotional space. It is reasonable to assume that dramatic effects from a terrorist attack, natural disaster, disgruntled employee shooting, or natural death at the work site would create emotional content. That content can be something that develops, evolves and resolves, or gathers speed and force like a tornado to become a spinning energy event with a life of its own. Even smaller events, such as a fully involved gossip chain or a computer upgrade can lead to the voluntary or involuntary exit of valuable employees. This can add energy to an emotional spin and translate into real risk features such as time loss, recruitment nightmares, disruptions in customer service, additional management hours, remediations and trainings, consultation fees, Employee Assistance Program (EAP) dollars spent, Human Resources (HR) time spent, administrative restructuring, and expensive and daunting litigations. Companies that prepare for the full range of emotions and therefore emotional risks, from annoyance to catastrophe, are better equipped to adjust to any emotionally charged event, small or large. It is never a question of if something will happen to disrupt the flow of productivity, it is only a question of when and how large. Emotions that ebb and flow are functional in the workplace. A healthy system should be able to manage the ups and downs of emotions. Emotions directly affect the continuity of production and services, customer and vendor relations and essential infrastructure. Unstable emotional infrastructure in the workplace disrupts business through such measurable costs as medical and mental health care, employee retention and retraining costs, time loss, or legal fees. Emotional Continuity Management is reasonably simple for managers when they are provided the justifiable concepts, empirical evidence that the risks are real, a set of correct tools and instructions in their use. What has not been easy until recently has been convincing the powers that be that it is value-added work to deal directly and procedurally with emotions in the workplace. Businesses haven't seen emotions as part of the working technology and have done everything they can do to avoid the topic. Now, cutting-edge companies are turning the corner. Even technology continuity managers are talking about human resources benefits and scrambling to find ways to evaluate feelings and risks. Yes, times are changing. Making a case for policy to manage emotions is now getting easier. For all the pain and horror associated with the terrorist attacks of September 11, 2001, employers are getting the message that no one is immune to crisis. In today's heightened security environments the demands of managing complex workplace emotions have increased beyond the normal training supplied by in-house Human Resources (HR) professionals and Employee Assistance Plans (EAPs). Many extremely well-meaning HR and EAP providers just do not have a necessary training to manage the complicated strata of extreme emotional responses. Emotions at work today go well beyond the former standards of HR and EAP training. HR and EAP providers now must have advanced trauma management training to be prepared to support employees. The days of easy emotional management are over. Life and work is much too complicated. Significant emotions from small to extreme are no longer the sole domain of HR, EAP, or even emergency first responders and counselors. Emotions are spinning in the very midst of your team, project, cubicle, and company. Emotions are not just at the scene of a disaster. Emotions are present. And because they are not controllable, human emotions are not subject to being mandated. Emotions are going to happen. There are many times when emotions cannot be simply outsourced to an external provider of services. There are many times that a manager will face an extreme emotional reaction. Distressed people will require management regularly. That's your job

Coming Apart Daphne Rose Kingma 1987-04-01

Coming Apart Daphne Rose Kingma 2020-11-24 For those suffering from divorce, a breakup, or heartache, "Kingma deals with love so directly . . . [she] brings immediate comfort to anyone in pain" (LA Weekly). Originally published in 1987 and continuously in print since then, *Coming Apart* has

been an important resource for hundreds of thousands of readers going through the devastation of unraveling relationships. Love is great; a broken heart, not so much. Usually accompanied by insomnia, loss of appetite, and depression, the end of a relationship is a hard time for anyone. Getting over a breakup requires grit and understanding. This breakup first aid kit helps you get through heartbreak without falling apart—and with your self-esteem intact. While only time can heal wounds, understanding what transpired in each of our relationships is what allows us to finally let go and move on. With a refreshing perspective on relationships, *Coming Apart* helps us understand that all relationships come with lessons to be learned. So, rather than obsess over your ex, explore the critical facets of relationship breakdowns: · Why we choose who we choose · What relationships are really about · The life span of love · How to get through the end · A personal workbook to process and move forward “A profoundly intelligent, compassionate, and kindhearted healing process that is highly transformative and which will literally weave you back to wholeness in all those places where you've felt betrayed, battered, broken, and bruised.” —from the foreword by Katherine Woodward Thomas, author of the New York Times bestseller *Conscious Uncoupling*

The Emotional Rape Syndrome Michael Fox, Ph.D. 2015-08-28 We can touch the part of a person's body that gets used to sexual rape, but we can't touch what gets used in emotional rape - the higher emotions of love or trust, for example. □ Sexual rape is a violation of the human body - emotional rape is a violation of the human soul. □ This book is about identifying, preventing, and healing emotional rape. □ It's about telling victims that they didn't do anything morally wrong - that they are not to blame for what happened to them and that recovery is possible. □ It's about telling victims how they can recover - to become survivors. Only after this underrated trauma is properly identified can survivors begin to heal their wounds. Only when it is discussed honestly and openly can we, as individuals and as a society, act effectively to prevent the spread of this destructive behavior.

Divorce and New Beginnings Genevieve Clapp 1992-04-03 Explains how to rebuild your life after divorce and become a single parent or part of a stepfamily.

Lost Lovers, Found Friends L. Scott Nelson 1991

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is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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