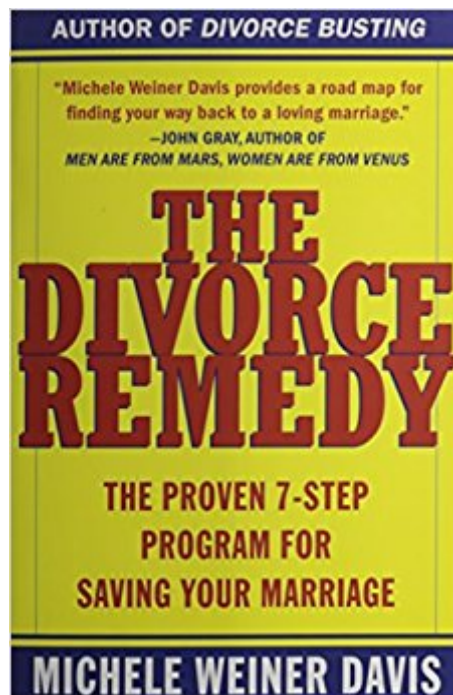




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The Divorce Remedy: The Proven 7-Step Program For Saving Your Marriage



Synopsis

Michele Weiner-Davis offers an empowering and encouraging guide for revitalizing marriage and building stronger, more loving bonds. Michele Weiner-Davis goes beyond her marriage-saving bestseller, *Divorce Busting*, with this empowering and encouraging guide for revitalizing marriage and building stronger, more loving bonds. In a down-to-earth style that is free of psychobabble, Weiner-Davis outlines a realistic, solution-oriented seven-step program for managing marital problems, which, when left unchecked, can drain the life out of a relationship. Using revealing anecdotes and in-depth case studies, she illustrates practical ways for marriage partners to -avoid the "divorce trap" • -identify specific marriage-saving goals -move beyond ineffective, hurtful ways of interacting -become an expert on "doing what works" • -overcome infidelity, Internet obsessions, depression, sexual problems, and midlife crises -get your marriage back on track" and keep it there. Rescue your marriage with the proven techniques of *The Divorce Remedy*—sound, sensible advice from a renowned relationship expert!

Book Information

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Customer Reviews

Think of this book as emergency room training for marriages that are about to collapse. Unlike other books on relationships, this one focuses on what to do after you spouse has moved out, taken up with someone else, or has said that she or he wants a divorce. What do you do now? Michele Weiner Davis appears to have written this book to correct some misimpressions she left in her book, *Divorce Busting* (which I have not read). Here, she makes it clear that you can be your own marriage counselor, and you can succeed even if your spouse won't agree to work on the marriage.

Based on her experiences as a marriage counselor, Ms. Davis feels that almost any marriage has the potential to be saved. She also points out that divorce is no bed of roses. The statistics back her up. Most people are happier, healthier, and wealthier in marriages than divorced. Children obviously do better. Unfortunately, many friends, family, counselors, and the media encourage divorce as a way to reduce the near-term pain . . . while creating more long-term pain. Did you know that 60 percent of second marriages end in divorce? Some people don't learn the lesson. Only you know whether you want to save your marriage or not. This book will help you make that decision. Ms. Davis encourages you to save your marriage unless your spouse is a chronic source of physical abuse, substance abuse, or unfaithfulness and your spouse refuses to change in any one of these areas. The end of the book has several chapters for dealing with very severe problems like infidelity ("most marriages do survive infidelity"), a depressed spouse, the classic male mid-life crisis, and having sexual passion cool to the disappearing point.

Divorce Remedy changed my life and saved my marriage. I originally found out about Michele's methods through her website. I have read four of her books (I think there is a new one, but I haven't read it yet). My husband left our family and moved in with the woman he was having an affair with. He has been my friend and lover since we were in college. He told me that although he loved me and the kids, he felt no passion in his life or with me. I read Divorce Remedy in one weekend. I was completely dedicated to getting my husband back and keeping our family together. My parents divorced when I was 12 and my mom is now on her third marriage. I absolutely refused to put my children through the pain that my sister and I have been through. Divorce Remedy is like a manual. It explains what goes wrong in marriages and why. But what I love about this book is that IT TELLS YOU WHAT TO DO. I had stopped putting our marriage first and my husband found someone else who apparently paid more attention to him. I followed all of the steps outlined in the book, set my goals (small at first, consistent, and measurable), kept a progress journal, and pretty much changed my entire life. I paid attention to what I did that he noticed and I did more of those kinds of behaviors. I also paid attention to the things I did that brought us back to our problem areas. As hard as it was, I stopped doing those things. I used this book like a bible. It was hard to get him to notice the changes I was making because I didn't see him every day. But I kept going. He finally noticed and he started becoming nice to me again. He moved back in the house last fall and our relationship continues to improve each and every day.

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