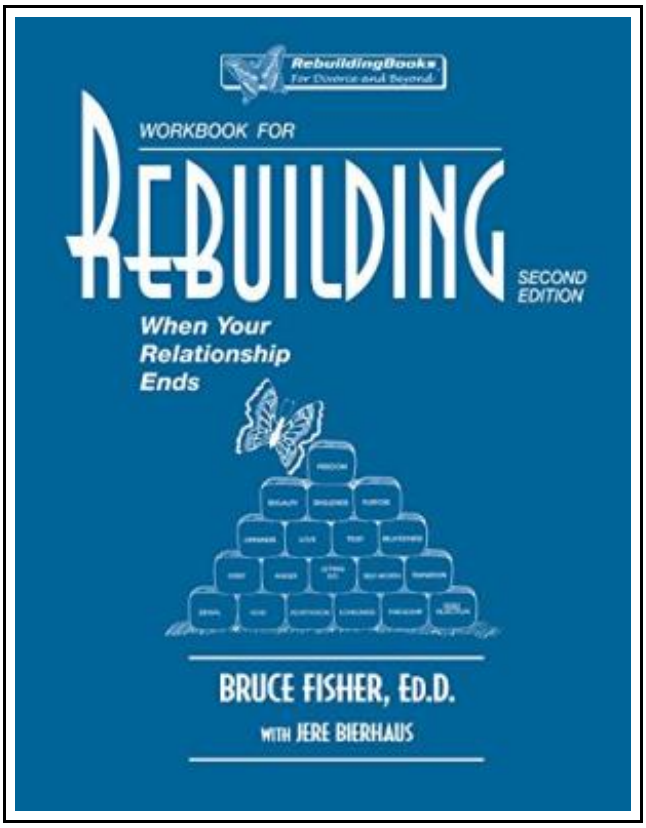
Rebuilding: Workbook: When Your Relationship Ends (Paperback)



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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Salvador Lynch)

REBUILDING: WORKBOOK: WHEN YOUR RELATIONSHIP ENDS (PAPERBACK)

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Impact Publishers Inc.,U.S., United States, 2001. Paperback. Book Condition: New. 2nd Revised edition. 272 x 216 mm. Language: English . Brand New Book. Bruce Fisher s Rebuilding books and workshops have influenced hundreds of thousands of divorced persons worldwide. Built around ten carefully designed lesson plans, the workbook offers a self-help or group work plan for systematic progress through the most important steps in divorce recovery. Included are sessions on the nine most important Rebuilding Blocks of divorce recovery: Adaptation, Grief, Anger, Self-worth, Transition, Openness, Love, Relatedness, and Sexuality. Each lesson plan includes behavioral objectives, a meeting agenda (including suggested group exercises), and homework for the following week s seminar. Self-help readers will enjoy the supplementary readings (poetry, articles, letters), specific exercises that may be completed alone, suggestions for affirmations, and other features of the workbook format. Divorce recovery groups find the Workbook an invaluable week-by-week guide as they share their experiences and work together to recover from the divorce crisis. The Workbook is widely used by therapists and other growth facilitators as a systematic plan for their seminars on divorce. Expert guidance from distinguished divorce therapist Bruce Fisher, together with the informal, readable, warm and friendly style of this manual, make the Rebuilding Workbook an outstanding resource for anyone involved in the process of putting life back together after divorce.

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