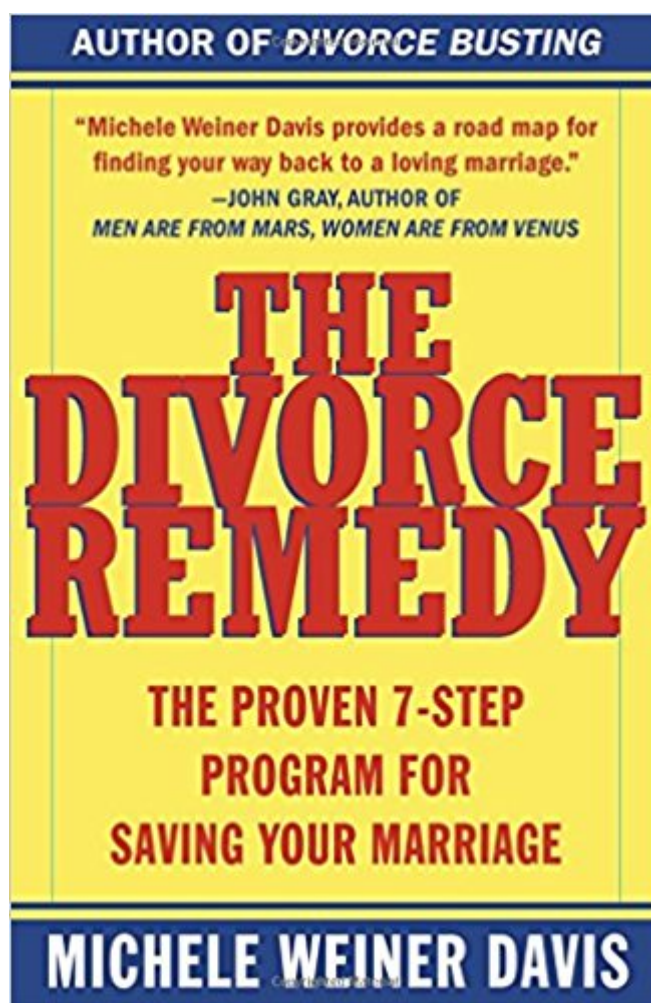


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# The Divorce Remedy: The Proven 7-Step Program For Saving Your Marriage



## 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

In the United States, half of all marriages do not end in divorce--despite the interference of hell-bent lawyers, biased therapists, the media, and even well-meaning friends. The *Divorce Remedy* aims to increase this percentage by offering seven clear steps that couples--or even one hopeful spouse--can implement privately. A therapist herself, relationship expert Michele Weiner Davis accurately (and often humorously) shows how typical counseling and communications tactics

backfire. Her method for saving a marriage involves an effective blend of subtle and obvious action steps, each taken in specific order. After a myth-busting lecture on the realities of divorce, Weiner Davis thoroughly outlines her simple plan. Intimidating discussion topics and emotional letter writing are not required; as she succinctly puts it, "happiness is a do-it-yourself job." Poignant questions help readers define their own needs, set specific marriage goals, and monitor results. Weiner Davis pays special attention to issues of infidelity, depression, midlife crises, and "passion meltdowns," showing how basic relationship skills (like understanding and patience) can reverse even the most dire marital scenarios. Clients' stories and letters provide ample testimony for the program's success, and despite her own zealous back-patting, Weiner Davis's sensible approach to revitalizing one's marriage seems truly worthy of praise and practice. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

Therapist, relationship expert, and author of several books, including the best-seller *Divorce Busting* (1992), Davis continues her quest to save sick marriages with this, her latest, self-help book. Davis shares her no-frills seven-step program for revitalizing marriages that are in trouble. Free from "therapy-speak," and easy to understand and follow, this book should benefit readers who have the strength and desire to try to save a floundering marriage. In a reassuring, conversational tone, Davis shows readers how to identify specific marriage-saving goals, how to move beyond ineffective and hurtful ways of interacting with spouses, and how to look for positive signs of change in your marriage while also remaining calm, patient, and optimistic. Packed with helpful anecdotes and sound advice, Davis' book offers solutions and hope for many different types of marriage problems even if only one partner is participating. With nearly half of all U.S. marriages ending in divorce, and with Davis' proven track record, expect demand for this book. Kathleen Hughes Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

After some disastrous "counseling" sessions, some useless books and six months of separation I bought this. I read it and gave it to my husband to read, and finally we started putting things back together. The practical, solution-based tone of this book set it apart from many of the other marital books I've found. I think the logical approach will work better for us than some of the touchy feely stuff we've come across. Being an atheist/nondenominational Christian mixed marriage it was also important to us that the book was fairly neutral in that respect.

While title leads you to believe this is a book about impending divorce and how to prevent it, it also has great tips for keeping a marriage happy and healthy. After 20 years of marriage, we hit a rough spot. This book reminded us that we have to continue to work at it and lots of great ideas on how. Never take each other for granted or get so comfortable that you feel more like roommates. Our marriage is back on track but I will continue to refer back to this book on a regular basis to remind us not to take each other for granted and how to handle certain issues.

My marriage was a complete wreck when I ordered this book. After reading it I realized everything I had been doing incorrectly and started paving the way to a better relationship with my husband. We are now stronger than ever and I have this book to thank. If you're marriage is on the rocks or has even already vaulted off the cliff, trust me when I say you need to buy this book.

Perfectly for the leaning in partner who wants to understand how their partner got to the place where they were seeking divorce/separation. Very readable and practical for the early stages of shock and disbelief. My clients love it. It would not be helpful for the one leaning out of the relationship.

an updated version to the Divorce Busting book. I highly recommend this book to anyone looking for coping mechanisms and advice on how to turn around a difficult marital situation. I recommend this book for anyone wanting good solid marital help even if there is no trouble in paradise as it offers a lot of relationship guidance to prevent and maintain a good relationship.

Great tips to strengthen your marriage.

This book is written by a therapist who is serious about marriage. The advice is wonderful, practical, and useful. Thank you for this incredible book.

Excellent advice. Challenging to do since this is contrary to traditional advice.

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