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Rebuilding: When Your Relationship Ends [REBUILDING 3/E]

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From Impact Publishers, Inc. : Rebuilding: When Your Relationship Ends [REBUILDING 3/E] before purchasing it in order to gage whether or not it would be worth my time, and all praised Rebuilding: When Your Relationship Ends [REBUILDING 3/E]:

3 of 3 people found the following review helpful. One of the most insightful relationship books, I've read. It's truly saved my sanity. By Chelle I'm half way through this book and I believe that this book is exceptional. It's like you are at a therapy session, it's very informative and insightful. It has helped me through the emotions and pitfalls that many of fall into over and over. It takes you step by step on how to understand your feeling and deal with them rather than pushing them aside and bottling them inside. Many of the feeling that I experienced are addressed directly in the book, so you don't feel like your going crazy and losing your mind. When at times you can feel that way. It has truly helped me get stronger and stronger every day. I have been going to a therapist for the last year before reading this book, but this book helps build off everything that I've been learning about myself and my relationship. It really recaps and encompasses the whole relationship in a nutshell. It's not a warm and fuzzy book and its not impractical either, it's real text that you can apply and relate to. I highly recommend this book! 0 of 0 people found the following review helpful. Love this book! By Animal Lover Love this book. If you are going through a separation or divorce, PLEASE read this book. It will help you, I promise. This book was written many years ago and remains a classic. It provides a sort of step-by-step guide to hep you go through the loss of a spouse or a significant other (not through death but through a break-up). It is well written and easy to understand. In my opinion, it is not psycho-babble. The book is down to earth and honestly truthful. Best wishes! 0 of 0 people found the following review helpful. The tone seemed like the author assumed the reader was nave and kind ... By Review name. To me, this book would be more suited for someone who

was completely dependent on their partner when the relationship ended. The tone seemed like the author assumed the reader was naive and kind of pathetic. I don't think it was the right book for me.