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Rebuilding Workbook: When Your Relationship Ends (Rebuilding Books)

Bruce Fisher, Jere Bierhaus, Bruce Fisher Ed.D., Bruce Fisher Ed.D., Jere Bierhaus

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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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Harold Baughman:

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Everett Dean:

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