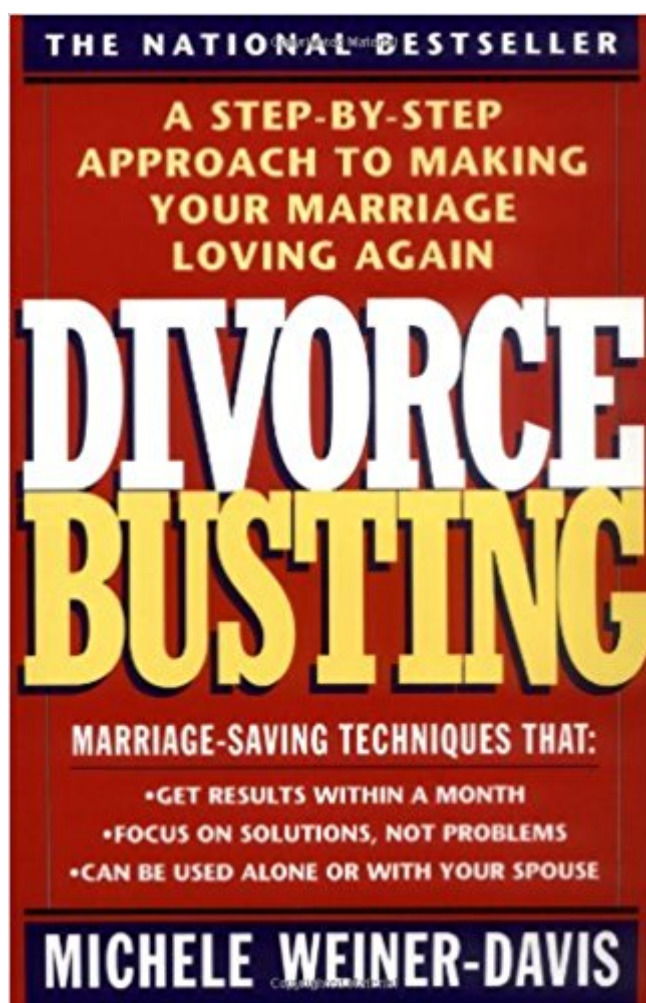




The book was found

# Divorce Busting: A Step-by-Step Approach To Making Your Marriage Loving Again



## Synopsis

In this groundbreaking book, Michele Weiner-Davis gives straightforward, effective advice on preventing divorce and how couples can stay together instead of coming apart. Using case histories to illustrate her marriage-enriching, divorce-preventing techniques, which can be used even if only one partner participates, Weiner-Davis shows readers: \* How to leave the past behind and set attainable goals \* Strategies for identifying problem-solving behavior that works – and how to make changes last \* "Uncommon-sense" methods for breaking unproductive patterns Inspirational and accessible, *Divorce Busting* shows readers in pain that working it out is better than getting out.

## Book Information

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## Customer Reviews

Weiner-Davis offers down-to-earth, effective advice to couples working together and to individuals attempting unilaterally to save a troubled marriage. Copyright 1992 Reed Business Information, Inc.

With a 50 percent divorce rate in the United States, this is a welcome guide to keeping marriages intact. Weiner-Davis employs solution-oriented brief therapy (SBT) to solve immediate marriage problems, in only four to ten sessions. Unlike conventional, long-term therapy, Weiner-Davis uses very concrete, basic information to work on present and future issues. Remembering and focusing discussions on what worked in a relationship instead of what went wrong is an important element for a positive outcome in SBT. There are some easy answers presented, such as flipping a coin to end disputes or limiting time spent discussing a certain subject. Relationships do not turn around

overnight, but a hug or dinner out are small changes for the better. Another title close in theme is George Pransky's *Divorce Is Not the Answer* (TAB, 1990). Highly recommended for most public libraries.- Lisa Wise, Steele Memorial Lib., Elmira, N.Y. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Very informative about how men and women act and communicate differently. I doubt it will help my marriage it's been too long without any communication. I would recommend anyone struggling with communication in their marriage to read this book, it is a real eye opener!

My daughter used this book along with traditional counselling during her divorce. In the beginning her hope was to salvage her marriage. But when it became apparent that was not going to happen...it was a great help in establishing control over her own life. The concepts are common sense...and coupled with help from professionals made the transition for her possible. In a marriage where both parties desire to save their marriage....and are willing to put some effort into it....this book will provide some great support. Where one party to the marriage has already decided to move on...this book nor any amount of other methods will make one iota of difference. I have used the concepts here to help improve other relationships in my life. For me its a \$10...behavioral science on relationships for DUMMIES.

Great information in this book.

Was recommended to me- great insight, advice, hope, strength... easy read

I brought this book as a required textbook in a marriage course for college. I was impressed with the advice and tips given throughout the book. Although my marriage was/is not in crisis, I applied the techniques and saw immediate results. I think this book would be good for any couple to read; the sooner the better. I was glad to be "forced" to read this and would definitely recommend it to others--married or single (and wanting to be married someday).

Wonderful Book with great marital advice for men and women.

It came quickly and has lots of great ideas. I passed it on to a friend and hope it will make a difference in her life.

Down to earth, considerate and well structured book. Anybody can really learn about themselves and their relationship from this well written study of one aspect of human nature.

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