



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

By Michele Weiner-Davis

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Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again By Michele Weiner-Davis

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.

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Editorial Review

From Publishers Weekly

Weiner-Davis offers down-to-earth, effective advice to couples working together and to individuals attempting unilaterally to save a troubled marriage.

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From Library Journal

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.*

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Review

Arlene Modica Matthews author of *Why Did I Marry You, Anyway?* This refreshing approach for breaking relationship stalemates may be just the catalyst for change your relationship requires.

Claire Berman author of *A Hole in My Heart: Adult Children of Divorce Speak Out* By focusing on the positive and the possible, Weiner-Davis offers couples hope and much needed help in making marriages work.

Users Review

From reader reviews:

Eric Frances:

Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again* your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will become your mind friends. Imaging each and every word written in a reserve then become one application form conclusion and explanation this maybe you never get ahead of. The *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again* giving you yet another experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Olga Harrington:

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Scott Marin:

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