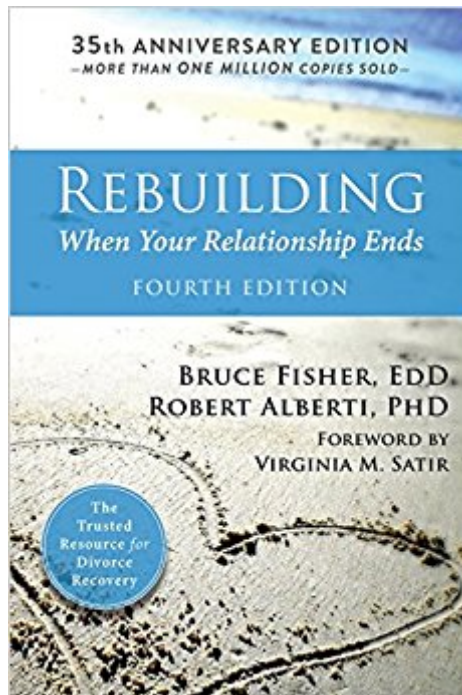




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# Rebuilding: When Your Relationship Ends



## Synopsis

In print for thirty-five years, *Rebuilding* is the number one trusted resource on divorce recovery. Now, this classic self-help book is available in an updated fourth edition, featuring a new introduction by coauthor Robert Alberti. If you are going through a painful breakup or divorce, you may feel like the life you once knew is crashing down around you. You need help to gather the pieces and “rebuild” yourself from the ground up. *Rebuilding* features Bruce Fisher’s “divorce process rebuilding blocks,” a proven-effective, nineteen-step process for putting one’s life back together after divorce. Now the most widely-used approach to divorce recovery, the “rebuilding” model makes the process healthier and less traumatic for those who are divorcing or divorced—and their children. Over two decades of research and practice are combined with feedback from hundreds of thousands of men and women who have used the book on their own, or in one of thousands of Fisher divorce recovery seminars worldwide. This book also includes Fisher’s detailed Healing Separation model—the first of its kind to offer couples a healing alternative to the usual slide from separation to divorce. This fourth edition, revised with the assistance of psychologist and marriage and family therapist Robert Alberti, continues Bruce’s tradition of straight-to-the-heart response to the needs of his clients and readers. If you’ve been struggling to rebuild your life after a divorce, this book offers just the right balance of shoulder-to-cry-on and kick-in-the-pants self-help!

## Book Information

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## Customer Reviews

“One of the best books written for the divorcing person ... warm, engaging.”  
 • the Behavior Therapist  
 “Deals with the everyday feelings and problems of the divorcing and divorced ... hits just the right balance between seriousness and optimism.”  
 • Florence Kaslow, PhD, Journal of Marital and Family Therapy  
 “A handbook for the divorcing and divorced that is authentic and which they can employ in the rebuilding of their own lives.”  
 • Esther Oshiver Fisher, JD, Journal of Divorce  
 “Warm, simple, and direct ... this is a book you will not want to put down.”  
 • A.R.E. Press  
 “Warm, simple, and direct ... this is a book you will not want to put down.”  
 • A.R.E. Press  
 “If you’re putting your life back together after a divorce, you need this book! It could be just what you’re looking for to help you get your life back on track. I found it to be very interesting and informative.”  
 • Jeanette Wright, Borger News-Herald  
 “Shows you how to move from denial to freedom and even another love.”  
 • Jann Mitchell, The Sunday Oregonian  
 “Exactly what you need to help put your life back together during and after a divorce.”  
 • Divorce Magazine  
 “Fisher and Alberti accompany you on your journey of recovery as they teach you in plain English how to move forward after the ending of an important love relationship. They are like Sherpas guiding you through the difficult mountain passes and over the perilous ravines. With kindness and optimism, they help you find your way.”  
 • Jeff Zimmerman, PhD, ABPP, psychologist and coauthor of Adult Children of Divorce and The Co-Parenting Survival Guide  
 “If you’re suffering following a divorce or breakup, this outstanding book should be at the top of your reading list! Rebuilding combines compassionate insights with practical suggestions for finding healing.”  
 • Mark S. Rye, PhD, professor of psychology at Skidmore College, and coauthor of The Divorce Recovery Workbook

Bruce Fisher, EdD, (1931–1998) developed the Rebuilding model of divorce recovery nearly forty years ago. As founder and director of the Family Relations Learning Center in Boulder, CO, he personally trained thousands of individuals and therapists in this approach, enriching the lives of hundreds of thousands worldwide. He was a popular divorce therapist, author, teacher, and clinical member of the American Association for Marriage and Family Therapy. Rebuilding, Fisher’s best-selling guide to surviving divorce, has over a million copies in print in the United States, and editions in ten languages. His other books include Loving Choices, with Nina Hart, and the Rebuilding Facilitator’s Manual, with Jere Bierhaus. Robert Alberti, PhD, has received international recognition for his writing and editing, often praised

as the “gold standard” for psychological self-help. Recently retired from a long career as a psychologist, marriage and family therapist, book author, editor, and publisher, Alberti’s now- inactive professional affiliations include Life Membership and Fellowship in the American Psychological Association, Clinical Membership in the American Association for Marriage and Family Therapy, and more than fifty years of professional membership in the American Counseling Association. His publishing achievements include eight books, newsletters for a number of organizations, dozens of articles, and the editing of more than 100 popular and professional psychology books by other authors. Alberti’s “formal” publications career began in 1970, with the first edition of *Your Perfect Right*, coauthored with Michael Emmons. Now in its tenth revised edition, *Your Perfect Right* has over 1.3 million copies in print in the United States, and has been published in translation in more than twenty languages around the world. Alberti collaborated with the late divorce therapist Bruce Fisher on the third edition of *Rebuilding*, and recently completed the revised fourth edition. Foreword writer Virginia M. Satir (1916-1988) was one of the most well-loved and highly respected contributors to the field of marriage and family therapy. She is recognized as a founder of family systems theory. Her many books, including her best-seller *Peoplemaking*, were influential in establishing the framework for family therapy, and comprise a major component of the foundation of the profession as it is currently practiced. Satir wrote this foreword for the first edition of *Rebuilding*.

I used this book about 30 years ago for myself followed by leading divorce support groups for a number of years using this along with other materials. I recently bought the updated version for more of that volunteer work. While I don’t agree with all that is said in the book I think it is very helpful to people who are divorced or divorcing.

Best Divorce Recovery book in print. It is good for individual growth, and is also well supported with Divorce Rebuilding Group supplies and information.

This book was very helpful when going through a divorce. Was used in a support group. Loaned it so many times it fell apart. Recently purchased for someone who is separated.

This is a fantastic book to give people who we love (or for ourselves). I read it a couple times after breakups. Now that I’m happily married, I give it to friends to soothe their hearts and get them on the right track.

This book was highly recommended to me by a friend, it has been very helpful to me and offers great advice and insights on dealing with feelings of denial, fear, anger, loneliness, and grief. I highly recommend "Rebuilding" to anyone going through this painful (but eventual FREEDOM when you reach the summit). I am soaring up the Mountain, and well on my way to rebuilding my life back to stability and true peace!!! Thank you

I really like the book. I'm struggling reading through this because I don't want to have problems. But I know the parts I've read have helped. I suggest the book because going through this unexpected divorce I need to see the steps I face.

Excellent book! Highly recommend it.

So far, this book has been a huge help in my divorce process and transition. Although we are still in the divorce process, the insight here has helped me to be more understanding so that hopefully we can end in a place that is good for both of us and for our kids. The book helps with stages of emotions and how to deal with them, why you may be having them, and steps to work through them. It offers advice for helping your kids through their emotions too. It would also be helpful for any relationship ending, really, although the focus is divorce. The emotions and ways to deal with them would be the same.

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