

Can Your Relationship Be Saved? How to Know Whether to Stay or Go (Rebuilding Books)

By Michael S. Broder PhD

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“The title of this book captures one of the most commonly explored issues that I have dealt with in my office over the past three decades as a practicing clinical psychologist.” Thus begins Dr. Broder’s wise and compassionate guide to assessing a faltering love relationship, and answering the fundamental question asked by the book’s title. Broder addresses individuals and couples in marriages, or any other type of love relationship or romance -- long- or short-term, and of any sexual orientation. His 40-item “Can Your Relationship Be Saved?” Inventory asks the rights questions. But readers are not left there. The chapters that follow gently guide them in exploration of what is likely to happen if...? What if I go? What if I stay? Readers will find direction in answering those questions for themselves, and the information and strategies to help them act on their decisions. *Can Your Relationship Be Saved?* speaks—in a warm, unabashedly upbeat and optimistic manner—directly to the painful ambivalence that results when you are unable to determine how you really feel. Broder’s guidance is packed with practical road maps and direction finders, avoiding glibness, cliches, pat answers or “someone else’s value judgments that will rarely hold up for you in the end.”

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Editorial Review

Review

“Michael Broder has written another very rational and practical book. He considers almost all... questions that people in relationships can ask themselves about breaking up, and answers them directly and solidly. I would strongly recommend that any person who is ambivalent about his or her relationship read this book. Promptly!”

—**Albert Ellis, PhD**, President, Albert Ellis Institute, New York City, author of *Feeling Better, Getting Better, Staying Better*

“Partners in unhappy relationships often find themselves unable to decide whether to stay or to go. Dr. Broder tackles this painful ambivalence head on... offers strategies to salvage and rekindle those unions that can be saved, and -- unlike most marriage therapy books -- shows how to part company without guilt or untoward regrets when that is the better option. I encourage therapists to recommend this book to their equivocating clients.”

—**Arnold A. Lazarus, PhD**, author of *Marital Myths Revisited*

“This superb guide covers every couple's dilemma I've seen in twenty-five years of clinical practice. It's designed to help real couples solve real problems, and provides them with clear, practical action steps to insure their implementation...”

—**Janet Wolfe, PhD**, clinical psychologist, New York City

“...sympathetic but no-nonsense analysis and advice...for people ambivalent about their relationships. Bottom line: thoughtful, nonjudgmental, pointed and thoroughly helpful.”

—**Infodad.com; April 25, 2002**

“...useful guide to assessing a relationship, understanding relationship turmoil, working through ambivalence and consequences of staying vs. leaving bad relationships.”

—**The Tribune**, San Luis Obispo, CA; June 2, 2002

From the Publisher
REBUILDING BOOKS

For relationships, divorce, and beyond -- books for those building relationships, going through divorce, or rebuilding their lives after divorce. Inspired by the work of renowned divorce therapist, Dr. Bruce Fisher, the Rebuilding Books offer expert information and practical self-help procedures for adults and children. These straightforward, life-affirming resources can improve relationships and help make the divorce process easier, healthier, and less painful, leading to more-fulfilled lives and stronger "second-time" relationships.

From the Author

The title of this book, CAN YOUR RELATIONSHIP BE SAVED? captures one of the most commonly explored issues that I have dealt with in my office over the past three decades as a practicing clinical psychologist. In addition to being so common a question, it has also been an extraordinarily complex one for

scores of individuals and couples who have consulted with me over the years. Hopefully, this book will break it down in a way that you will find empowers you to quickly get beyond the murkiness, and toward a resolution of all the issues involved.

For the purpose of simplicity, I will use the term relationship throughout the book to refer to marriages, engagements, living-together and dating arrangements, or any other type of love relationship or romance -- long- or short-term, and of any sexual orientation -- including those where the partners are separated or divorced, thinking about reconciliation, or trying to justify leaving. I will use the word partner (present or ex) to mean spouse, spouse-equivalent, lover, mate, companion, boyfriend, or girlfriend.

This book is for you if: --You are in a troubled relationship (such as one that has become stormy, indifferent or one-sided) and you are trying to decide whether to stay or leave; and what each possible direction would entail. --You are looking back at a relationship that has ended, and find yourself second-guessing -- by telling yourself things such as "if only I had _____(fill in the blank) we would still be happily together" and find this to be a nagging source of discomfort. --You are trying to understand what went wrong in a relationship that has ended (or is ending) so that you do not repeat old patterns. --You are trying to understand why the relationship of someone close to you (such as a parent, adult child or other family member or friend) might be ending (perhaps even though it may have looked quite functional from the outside). --You are trying to understand your behavior or attitude patterns, or those of the people you become involved with. Perhaps then you can come to grips with why your relationships either fail to continue, or don't seem to provide you with the fulfillment you are seeking. --You are exploring the issues this book addresses, either by yourself or with your partner. --You are a mental health professional, clergyperson, attorney, or other helper, who is in a position to help people make decisions related to their relationship transition, as well as to cope with the aftermath.

Users Review

From reader reviews:

Latoya Brown:

Now a day people that Living in the era where everything reachable by match the internet and the resources within it can be true or not involve people to be aware of each details they get. How individuals to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Reading through a book can help folks out of this uncertainty Information specially this Can Your Relationship Be Saved? How to Know Whether to Stay or Go (Rebuilding Books) book since this book offers you rich facts and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it everybody knows.

Tara Huber:

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