

Loving Choices: An Experience in Growing Relationships, Revised Second Edition (Rebuilding Books)

By Bruce Fisher, Nina Hart

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Loving Choices: An Experience in Growing Relationships, Revised Second Edition (Rebuilding Books) By Bruce Fisher, Nina Hart

Bruce Fisher's work has renewed the lives of hundreds of thousands of divorced men and women around the world. Here's his powerful, personal and practical guide to building new and lasting loving relationships. *Loving Choices* is packed with insights, exercises, and examples to help you get to know and develop a better relationship with yourself, discover how relationships can be your most valuable teachers, and learn how to turn life's challenges into loving choices. Offers improved self-understanding, communication skills, and intimacy for those who've been through painful relationships and divorce.

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Editorial Review

Review

“In *Loving Choices* Bruce Fisher and Nina Hart show us that love for others begins within ourselves. They delicately guide us through the process of releasing limiting behaviors and embracing inner strength and wisdom so we can have healthy relationships.”
—**Salle Merrill Redfield**, author of *Creating a Life of Joy*

“A book for those who want to understand the connections between our individual past and potential future. Loving Choices serves to heal.”
—**James Redfield**, author of *The Celestine Prophecy* and *The Secret of Shambhala*

From the Publisher
Books in the Rebuilding Books series "for divorce and beyond" are written for those considering divorce, 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. These straightforward, life-affirming resources can help make the divorce process easier, healthier, and less painful, leading to more-fulfilled lives and stronger "second-time" relationships.

From the Back Cover
The author of Rebuilding: When Your Relationship Ends has created this powerful, personal, practical, and provocative guide to building new and lasting loving relationships. Bruce Fisher and his partner Nina Hart have packed Loving Choices with insights, exercises, and examples to help you...
-- get to know the many parts of yourself
-- recognize that better relationships with others come from a better relationship with yourself
-- discover that relationships are your teachers
-- learn how to turn life's challenges into loving choices.

"Loving Choices changed my life. This experience was a gift to myself" --Sharon

"Bruce and Nina have developed a science of relationships that makes sense to me as an engineer." --Joe

"We both felt we had a good relationship and wanted something more. Loving Choices presented us with levels of growth we never knew were possible." --Elizabeth and John

"We had separated and were contemplating divorce. We were able to transform our relationship into something new and exciting." --Bill and Mary

Users Review

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Have you spare time for the day? What do you do when you have considerably more or little spare time?

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