



The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage

Michele Weiner-Davis

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Michele Weiner-Davis offers an empowering and encouraging guide for revitalizing marriage and building stronger, more loving bonds.

Michele Weiner-Davis goes beyond her marriage-saving bestseller, *Divorce Busting*, with this empowering and encouraging guide for revitalizing marriage and building stronger, more loving bonds. In a down-to-earth style that is free of psychobabble, Weiner-Davis outlines a realistic, solution-oriented seven-step program for managing marital problems, which, when left unchecked, can drain the life out of a relationship. Using revealing anecdotes and in-depth case studies, she illustrates practical ways for marriage partners to

- avoid the “divorce trap”
- identify specific marriage-saving goals
- move beyond ineffective, hurtful ways of interacting
- become an expert on “doing what works”
- overcome infidelity, Internet obsessions, depression, sexual problems, and midlife crises
- get your marriage back on track—and keep it there

Rescue your marriage with the proven techniques of *The Divorce Remedy*—sound, sensible advice from a renowned relationship expert!

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From Reader Review The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage for online ebook

Lori says

Okay. . . dated, not inclusive of all partnerships. . . but had some great techniques and advice that could be adapted for most relationships.

Nathan says

for school

Centennial says

Such great advice! Even if you're only reading it for tips on keeping your relationship solid and aren't actually on the verge of a divorce, this book has great suggestions!

Suzanne says

All time favorite relationship book. Principles perfectly combined with practical advice.

Jennifer says

Great for any relationship, not necessarily has to be one on the path to divorce. Good ideas on making a relationship better (and reminders that we can only change what WE do and it makes a difference).

Mugizi Rwebangira says

Excellent! I have never been married, but a lot of this applies not just to marriage but even to other relationships. The key is what Weiner-Davis describes as a "solution based approach". If what you're currently doing is not working, try doing something else and take note of the results. Come to think of it, this also applies to life in general!

Robin Dasilva says

A very insightful book - the strategies are explained well; backed by letters from clients who have used them

and were successful in saving and strengthening their marriages.
I am very glad I read this.

Zoe says

Even though I don't agree with some parts of the book, you can see that the author knows what they are talking about.

she also does talk about the five languages of love and how to break bad nonfunctioning patterns of behavior, but also that at times the state of our marriage has nothing to do with you perse, and you might not have no control over it, but you should try with all your might to save your marriage and take responsibility for your behavior. you cannot force anyone to do anything they don't want. you feel like leaving your marriage or your spouse is close to leaving, this is a good book to read, to help you understand your feelings and what you are going through.

Dan Lawton says

Some very good tips here. Worth a read even if your marriage isn't in crisis. Weiner-Davis has an easy to understand way or writing with tons of concrete, relatable examples. What's interesting is how she input herself and examples from her own marriage into certain sections, which gives her a genuine feel. It's as if she's talking to you directly and giving you practical advice - she shares some of her own faults and failures in her marriage, which is refreshing. I read this directly after one of her other books, Divorce Busting: A Step-By-Step Approach to Making Your Marriage Loving Again, and they went well together. I love reading the success stories she shares. I think I've become one myself...

John Glover says

The author starts of by stressing, compellingly, that divorce or separation is almost always the worst solution for a failing relationship. She then outlines the steps to saving a relationship. I don't know if it's just me but just about everything she says was spot on.

Mary says

I love the way Michele Weiner-Davis approaches troubled couples. She is constantly exhorting them to notice what works and do more of it and notice what doesn't work and STOP doing that. Instead of delving into the past (which is often very painful), she focuses on the now and looks for solutions that work. An extremely helpful book for therapists and for couples who want to save (or just spruce up) their marriages.

Kandace says

I read this book for a class and it had some great tips, whether your marriage has problems or not. I don't

agree with everything the author writes, but she makes some good points.

Escape says

If you are married... read now don't wait till you have trouble. I'm not divorced yet but my husband is going thru a midlife crisis and there isn't much hope.

Jennifer says

Great follow-up read to the author's "Divorce Busting". Smart, practical advice for couples. Highly recommended!

Kim Bowen says

Excellent resource for therapists and any one whose marriage is in trouble. Quick easy read and full of relevant information. Not fluff!
