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Taking Space: How to Use Separation to Explore the Future of Your Relationship

By Robert Buchicchio

CharLer Publishing. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.9in. x 5.8in. x 0.9in. With the high rate of divorce and breakups, marriage and family experts point to the fact that people don't learn from the mistakes of a failed relationship and assume the next relationship will be better, making little effort to fix or understand what didn't work. There are plenty of self-help books for committed couples on how to enrich a marriage and scores of guidebooks on how to manage through a divorce, but very few focus on partners with differing degrees of commitment where the separation process itself is viewed as an opportunity for self-growth. Taking Space: How to Use Separations to Explore the Future of Your Relationship provides struggling couples and individuals with a step-by-step process for managing separations. This model allows people to view and use separations as a proactive way to get space, reduce conflict, and focus on self-growth. This method can even work with a non-cooperating partner. This problem-solving road map teaches partners how to design a separation plan that addresses their specific issues by pinpointing 10 essential tasks necessary to maneuver through an often highly stressful experience. The steps are applied through...



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