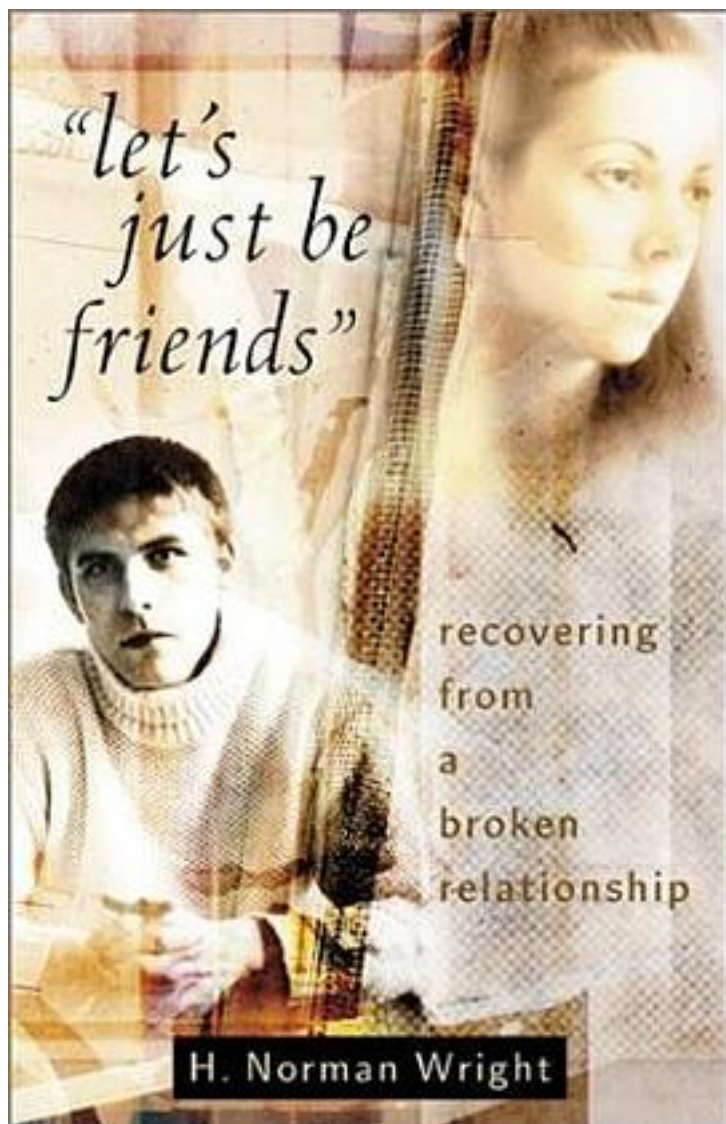


Let's Just Be Friends



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One of the greatest delights in life is being loved by another person. But on the flip side, one of life's greatest disappointments is caring deeply for someone who neither loves you nor wants to be part of your life. As veteran counselor Norm Wright knows, many, many singles have experienced the pain of having a serious relationship splinter, and their dreams as well. It is a loss, he says, like no other. When a relationship ends, for whatever reason, people find themselves asking "What's next?" How can heartbroken readers best deal with failed romance? In *Let's Just Be Friends* Norm Wright walks readers through the steps to healing, acceptance, recovery, and growth. Inside this book they'll find: € Warning signs and reasons to end a relationship € How to respond to and accept a breakup € Restoring self-confidence € Rediscovering ³me² as opposed to ³us² € Getting ready for a new relationship

For anyone who has ever heard these fateful words: "I think it would be better if we stopped seeing each other," or "Let's just be friends," here is validation, understanding, and most vitally, a game plan for a bright future.

作者介绍:

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标签

男女關係

婚姻

分手

评论

全书共分12部分，分别从分手的十二个阶段来写①关系亮红灯，为什么会分手②面对现实，无法结束关系的原因③预备分手，如何结束关系④认识分手的伤痛⑤善用伤痛，化伤痛为力量，等等。如果一个人离婚了，社会上提供了很多的资源帮助，如各种谈论离婚的书籍、录影带等，但是关于分手的资料却很少，这本书就是本谈论分手的书，他告诉了我们分手前的一些预兆，这样就可以预防或者确定分手的话也可以提供个过渡期，

避免落差太大造成的伤害，分手后2个人如何面对对方以及身旁的朋友和亲人，如何化伤痛为力量，如何继续未来的人生，避免重蹈覆辙。

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书评

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