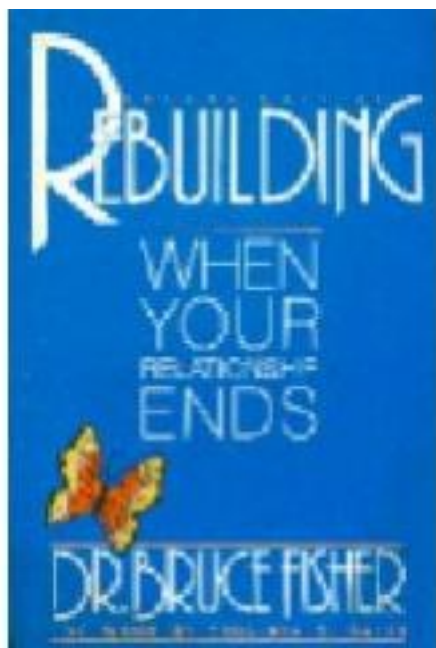


Rebuilding



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著者:Fisher, Bruce

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Bruce Fisher's "Rebuilding" books and workshops have influenced hundreds of thousands of divorced persons worldwide. Now his step-by-step seminar workbook is available to the general market. Built around ten carefully designed "lesson plans," the workbook offers a self-help or group work plan for systematic progress through the most important steps in divorce recovery. Each lesson plan includes behavioral objectives, a meeting agenda (with suggested group exercises), and "homework" for the next week's seminar. Self-help readers will enjoy the supplementary readings, specific exercises that may be completed alone, affirmation suggestions, and other features of the "workbook" format. Divorce recovery groups find the Workbook an invaluable week-by-week guide as they share their experiences and work together to recover from the divorce crisis. The Workbook is widely used by therapists and other

growth facilitators as a systematic plan for their seminars on divorce.

作者介绍:

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