



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

By Bruce Fisher, Nina Hart

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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

#### From reader reviews:

#### **Kathryn Glover:**

Have you spare time for a day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open or perhaps read a book titled *Loving Choices: An*

Experience in Growing Relationships, Revised Second Edition (Rebuilding Books)? Maybe it is for being best activity for you. You already know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have other opinion?

**Matthew Williams:**

Reading a guide tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. Having book everyone in this world may share their idea. Publications can also inspire a lot of people. A lot of author can inspire their very own reader with their story or perhaps their experience. Not only the storyplot that share in the textbooks. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this Loving Choices: An Experience in Growing Relationships, Revised Second Edition (Rebuilding Books).

**Judith Lea:**

Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Loving Choices: An Experience in Growing Relationships, Revised Second Edition (Rebuilding Books), you may enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't obtain it, oh come on its referred to as reading friends.

**Alma Young:**

On this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple way to have that. What you must do is just spending your time not very much but quite enough to have a look at some books. Among the books in the top record in your reading list is usually Loving Choices: An Experience in Growing Relationships, Revised Second Edition (Rebuilding Books). This book that is qualified as The Hungry Hillside can get you closer in getting precious person. By looking upward and review this book you can get many advantages.

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