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Too Good To Leave, Too Bad To Stay: Decide Whether To Stay In Or Get Out Of Your Relationship



Synopsis

To make up or break up? Whether you're just getting serious or have a long-term commitment, no other question causes so much heartache and self-doubt. Many other books tell you how to fix your relationship. This groundbreaking bestseller is the first one to help you choose whether you should try or you need to go. Psychotherapist Mira Kirshenbaum draws on years of research and her work with real-life couples to help you make the right decision. She shows you how to diagnose your unique situation with self-analysis and questions like these, which get to the very heart of your problems: What sins are forgivable and which ones unpardonable? Is your partner questioning your opinions to the point where you doubt yourself? What is your sex life really like, and how important is it? Is there real love left between you, and how does it stack up against all that you find unlovable? Mira Kirshenbaum provides expert guidelines that are the key to making all your choices, concrete steps that you can implement right now, and the ultimate way to determine your personal bottom line—what you need to be happy. This remarkably insightful and probing guide offers advice that lets you see the truth about your relationship—and with wisdom and compassion, it helps you act with the confidence of knowing that whether you decide to go or stay, you are doing the very best thing. --This text refers to the Audio CD edition.

Book Information

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Customer Reviews

I was stuck. I was trapped. I was caught in a war between ethics and ideals. Marriage, to me, was it.

It was for life. There never was any other alternative. Even in the circumstances I was in where my very well being was under attack, I still found it difficult. I constantly thought "well ... what if THIS time is different. Then your relationship will have a bond that's immeasurable. You'll be free of all fear and all doubt." When I got this book it was my plan to read through it and reaffirm my reasons to stay. To be able to move forward, fully committed and free of fear. I was desperately hunting for something to tell me it was okay to stay. That staying was the right choice. Upon reading the beginning of the book, I saw all of the words about staying. All of the benefits and clarity that comes. I thought this was the perfect book. I took every single question seriously. Deliberately, trying to make the best of every single memory while remaining truly honest with myself in the process. I wrote down every answer. I let time pass and read it again, trying to make sure it was the mood of the moment. I thought I was building the case to stay. I found that it was time to leave. It's been 3.5 years after an 11 year relationship. It was simple. It was honest. This is truly a powerful book.

Honestly this book is good advice even if you're just considering getting into a relationship. It has good benchmarks as you progress through a relationship to see if it is still going in the right direction. Is it even worth making the commitment? I was in a relationship for 11 years before I realized that even if my partner became the man I wanted him to be the relationship was never going where I wanted. Though we looked good on paper, we didn't want the same things. I saw my relationship in the pages of this book.

Several years later, I discovered that if you are reading this book, you need to leave. Why did I stay in an unsatisfying relationship? I still scratch my head today.

Excellent approach to gaining individual insight into marital issues. Very helpful in terms of clearly identifying problems and identifying with others with similar issues.

Excellent book for anybody going through the painful process of trying to decide whether or not to leave their marriage. Well written, concise, with some humor. It does a great job of taking you through the decision making process. A must read if you find yourself asking this question.

I particularly like this book and recommend it for anyone who wishes to know the truth about their relationship and the direction it is going. Whether newly committed or have been together many years, this book offers an extremely useful guide to looking deeply at the dynamics of your

relationship and to discern (based on the author's wide experience in dealing with couples) whether it is truly viable in the long run. If you are experiencing doubts, difficulties, or are miserably ambivalent about your relationship, this book may be for you. I give this book four stars because I noticed a tendency to put married couples in the same category as other forms of partnerships. I think the factoring in of marital bonds could surely bring a nuanced meaning to the arena of relationships. Although the author's point about deriving some benefit from your partner is well taken, I thought that it presented a perhaps limited, individualistic view of committed relationship.

if you are in an iffy relationship this book is a must. I felt the book asked me the questions I wanted to be asked.

If you are thinking about divorce, or are dissatisfied with a current relationship, I urge you to "Look Inside" this book to see if anything about the writer's style speaks to your doubts. After grieving over hearing my daughter say she was seriously thinking about ending a marriage of 12 years, she suggested that I get this book and begin reading to understand her thinking. By Chapter 8, I knew not only that she was correct in her assessment and decision to end her marriage, but that she was probably long overdue in making this decision. Kirshenbaum gives a plethora of examples to make the assessment process easy. She also has other books to help you with other life decisions. If you are tired of edited cliches being sold as solid advice - take a look at this book or download the sample. Nothing to lose but the shackles that bind, speaking of cliches.

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