



Dr. Chalmer's Newsletter - Issue #16

Everything about relationships! Be kind, don't panic, and have faith.



Please tell your email app to display images--if you're not seeing my smiling face, your email isn't cooperating!

Welcome to Issue #16!

If you want to catch up on earlier issues, you can find the archive [here](#).

For those of you in the United States, I hope you had a great Thanksgiving holiday. Judy and I got to see a bunch of family, including five of our six grandchildren, which is always a delight. I'll spare you the [kvelling](#) (but I could go on and on...).

The Book I'm Working On--and How You Can Help

The working title of my next book is *Betrayal, Faith, and Forgiveness*. When I think about the couples that consult me, betrayal of one kind or another is almost always part of their stories.

Often it's sexual or emotional infidelity--between a third and a half of the couples I meet for a first session are dealing with some sort of violation of their understanding of monogamy.

But there are other kinds of betrayal as well. If your partner has lied to you about finances, or has failed to meet obligations you've agreed on, or has spoken ill of you to others, you might well feel betrayed.

And betrayal isn't just between primary partners. Any relationship that implies an expectation of loyalty can lead to a sense of betrayal when someone fails to honor those expectations. If you've been abandoned or ghosted by a family member or a close friend, or if you were abused by a parent or sibling or trusted family friend, you probably felt betrayed.

If you've experienced betrayal in an important relationship, I'd like to hear from you.

If we could set up a time to chat, that would be great, or if you'd like to write about your experience, that would be great too. Either way, your confidentiality will be protected--anything I write about will have identifiable details thoroughly disguised. [Drop me a line](#), and we'll take it from there.

Send me a message!

A word from our sponsor: Our sponsor for this newsletter is Laria Zylber, an author Judy (that's Judy Alexander, my wife and podcast co-host) and I know. Laria's book, *The Blue Tent: Erotic Tales from the Bible*, is available in paperback, eBook, and audiobook versions--just go to her website, <https://lariazylber.com>.

You can now see interviews with Laria on her website--she's started a [blog](#). In the interviews she talks about the idea of sexual midrash, why it's not at all disrespectful of the biblical narrative, and a lot more.

And you get to see what Laria looks like! Which might explain a lot about our relationship to her.

Tell your friends! And if you liked the book, please give it a rating and review on [its Amazon page](#). Thanks!



News & Schmooze

Upcoming presentations: Judy and I did our presentation on "Jewish Perspectives on Sex: Sacred Sex and Sexual Midrash" at Temple Sinai in Vermont a couple weeks ago. Our next offering will be at Temple Beth-El in Ormond Beach, Florida on Sunday, February 24, 2024 at 10:00 AM.

More information is at [this page](#).

Podcast news: Here are some of the topics and guests Judy and I have covered on our "Couples Therapy in Seven Words" podcast since my last newsletter:

[Sex Therapy and the Gottman Method: An Interview with Dr. Heidi Sauder](#)

[How Surviving My Disastrous Relationships Helps Me Help Others: An Interview with Emily Hart](#)

As always, if you have ideas for guests (including yourself) or topics you'd like us to include, [drop me a line](#).

That's all for now—bye!

--Bruce

Send me a message!

P.S. If someone forwarded you this message, and you'd like to subscribe yourself, [go to my website](#) and watch the magic box appear that says "Click here to sign up for Dr. Chalmer's Newsletter!" I'd love to welcome you on board!

Please take a moment to make sure these emails actually make it into your inbox! The easiest way (at least for those of us in Google-land) is just to add me to your contacts.

[Here's a link](#) that tells you how to do it for various email services. Please let me in--it's lonely in the Spam or Promotions folder!

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Helpful Links



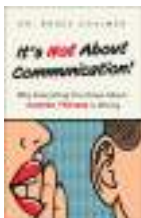
Podcast

Couples Therapy in Seven Words



Website

Dr. Chalmer's website:
Books, couples therapy practice, blog



It's Not About Communication!

Why Everything You Know About Couples Therapy is Wrong



Reigniting the Spark

Why Stable Relationships Lose Intimacy, and How to Get It Back



Seven Words to Jump-Start Your Love Life

What You Need to Know About Relationships, in One Sentence



My Husband Complains About My Cleaning! What Do I Do?

Hint: It's Not About the Cleaning

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