



## Dr. Chalmer's Newsletter - Issue #17

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 #17!

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

Happy New Year!

After 2023, that wish might feel more aspirational than descriptive. But I hope this year brings you joy, growth, connection, and fulfillment.

I know some of that growth I'm wishing for you is a product of painful circumstances. So if you're in one of those painful times, I'll add a wish that you're able to get through the pain and come to appreciate the growth it stimulated.

Maybe this newsletter--or simply the fact that you're getting a newsletter from a couples therapist--can be some small part of helping you in that process of discovery.

In [Issue #13](#) earlier this year I talked about the magic key that solves all relationship problems. Not too grandiose, right? The magic key, I humbly claimed, is the ability to be mildly annoyed. We all get annoyed, and we're all annoying--it's the human condition. Embracing that is what lets the gratitude you feel for having your partner override the inevitable moments of annoyance.

That newsletter, and the [podcast episode](#) Judy and I did about the same idea, generated some fascinating feedback, some of which I talked about in [Issue #14](#). And we did [another podcast episode](#) about some of the feedback.

The question one of you asked was about how you can tell when something annoying rises to the level of deal-breaker. And that got me thinking more about situations where it's not just about annoyances. And not just painful differences.

What about when someone close to you does something so painfully unexpected that it feels like a betrayal? How can you heal from that? How can a couple heal from that?

That's the topic of the book I'm working on now. The working title is *Betrayal, Faith, and Forgiveness*.

**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. 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>.

If you want to know who Laria is--well, let's just say she let out her real name. We did a [podcast episode](#) where we revealed it. And you can see interviews with Laria at [her website](#).

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:** Our next offering of our presentation on "Jewish Perspectives on Sex: Sacred Sex and Sexual Midrash" 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:

[The "Chaos Kid" Phenomenon: An Interview with Larry Bilotta](#)

[Healthy Conflict, Happy Couple: An Interview with Lisa Gray](#)

[Betrayal and Forgiveness: An Interview with Danny-J Johnson](#)

[Judy Comes Out! And Our Gift to You](#)

[Jealousy, Both Toxic and Healthy: An Interview with Shanenn Bryant](#)

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!

## Helpful Links



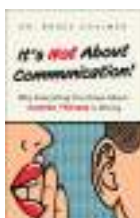
### Podcast

Couples Therapy in Seven Words



### Website

Dr. Chalmers' 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

### Dr. Bruce Chalmers

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United States of America



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