



Dr. Chalmer's Newsletter - Issue #18

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 #18!

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

This is newsletter #18. As some of you may know, 18 is considered an auspicious number in Judaism, since the two letters in the Hebrew word for life, 'ח (*chai*) represent the numbers 8 and 10, summing to 18. I hope this 18th newsletter brings you מזל (*mazal*) and שמחה (*simcha*) (luck and joy)!

Some reasons to buy my books!

I'd like to share some feedback I've received about my two most recent books, in case you're wondering why you might want to read them.

In a nutshell, I've heard from a number of people that reading *Reigniting the Spark* just made them feel better in one way or another. It might be the stuff about faith--I'm not sure. Anyway, that's what they've said.

And regarding *It's Not About Communication!*, the scuttlebutt seems to be that it's a take on the whole notion of doing couples therapy that got people thinking about it differently.

In any case, if you've been on the fence about whether to acquire one of my books--and if you've been wondering which one might particularly appeal to you--there's some

guidance.

"Self-love" versus self-love

Last week Judy and I did a [podcast episode](#) in which our guest, Allison Jayne Ewing, told about a time when she said to herself, ""If one more goddamn person tells me all I need is to love myself, I'm going to punch them in the f***ing face."

I enjoyed that. I've felt that way myself.

I don't preach "self-love" as the key to anything. Or "self-esteem" either.

When I was an intern working with families and middle-school kids, I remember the kids telling me about the self-esteem classes they were having at school. What they were learning was that they sucked at self-esteem--just another way they were terminal screwups.

What our podcast guest Allison pointed out was that when she learned to accept that she often didn't particularly love herself, things got easier. In fact, she could start to appreciate good things about herself, rather than just dwelling on the bad.

Ironic, isn't it? When you stop berating yourself for not having enough "self-love," you can actually start practicing self-love!

In my book [It's Not About Communication!](#) I wrote about ideas versus ideologies. What's the difference? Well. ideas open you up to more ideas. Ideologies shut you down to anything that doesn't fit the ideology.

And I pointed out that ideologies usually have their roots in good ideas. The problem is that when ideas harden into ideologies, they become a caricature of the ideas they came from. (Just look at all the murders committed in the name of religions that purport to worship a loving God.)

Preaching "self-love" (the ideology) has the same effect--it's apt to make you hate yourself. But self-love (the idea) is what happens when you actually behave in ways that express acceptance for yourself and others.

What do you think?

[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>.

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. (That's this coming Sunday, as of the date this is being sent.)

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:

[Disinheritance, Betrayal, and Forgiveness: An Interview with MB Caschetta](#)

[Tantra--It's Not Just About Sex! An Interview with Katrina Bos](#)

[Sacred Sexuality and Sexual Communion: An Interview with Satya Lila](#)

[Help for Erectile Dysfunction: An Interview with Ken Schafer](#)

[Imago Relationship Coaching: An Interview with Nick Solaczek](#)

[Can You Forgive the Unforgivable?](#)

[Dating at Midlife--How EFT Tapping Can Help: An Interview with Allison Jayne Ewing](#)

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



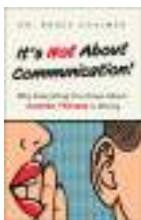
Podcast

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

Dr. Bruce Chalmer

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