



Dr. Chalmer's Newsletter - Issue #20

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 #20!

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

This is a special issue of my newsletter. **I'm asking for your help--which cover design do you like best?**

Help me pick a design!

As I mentioned in Issue #19, I've finished a prepublication version of my new book. And its title has morphed slightly. It's now called ***Betrayal and Forgiveness: How to Navigate the Turmoil and Learn to Trust Again***.

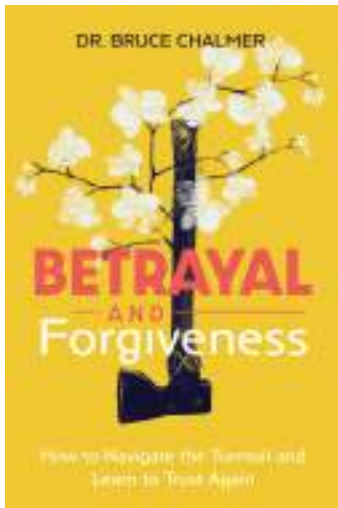
Below you'll see three images. Please check them out and send me a message telling me what you think. Please put "Cover" in the subject line.

I'm interested in whatever you have to say about them. You can just pick a favorite, or rank them, or say you don't like any of them. We're still in the design phase, so if you have other ideas those are welcome too!

Please respond right away--first impressions are what I'm after.

Thanks!

For reference, we'll label them 1, 2, and 3.



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!

Newsletter Archive - Click Here for Past Issues

Helpful Links



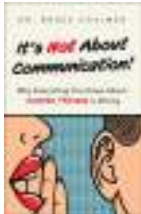
Podcast

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

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