



Dr. Chalmer's Newsletter - Issue #22

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



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Welcome to Issue #22!

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

Remember when the #MeToo movement happened a few years ago?

A couple weeks ago I saw [an article by Lux Alptraum](#) in the the New York Times. The writer is a feminist author who had written about the

possibility of forgiveness for the men whose abusive acts had been exposed in #MeToo. And she had been introduced to Morgan Spurlock, who had pretty much been "canceled" when he wrote a confessional piece describing a lot of bad actions he had done years before. You might remember Spurlock from his documentary "Supersize Me." Lux Alptraum's NYT piece was published just a few days after Spurlock died.

I found Lux Alptraum's piece inspiring, and I did [a video about it](#). Having just published my book *Betrayal and Forgiveness*, I was particularly interested in her take on the possibility of someone finding redemption through the hard work of facing what they did and trying to repair what they can.

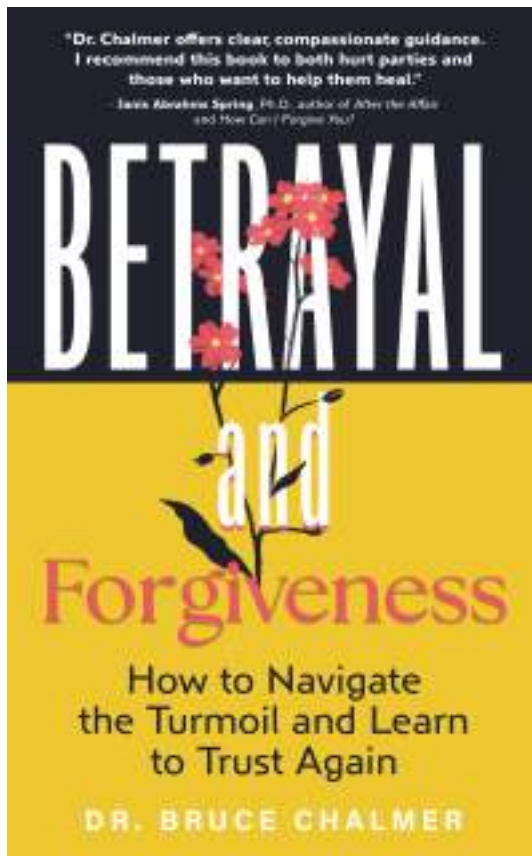
In a similar vein, check out the two podcasts Judy and I did with Artemisia De Vine. In [the first one](#), we interviewed Artemisia about sexual fantasies--she's developed some

fascinating ideas about the role of sexual fantasies in our psyches, and how to use them as an avenue for spiritual growth.

But not long after we did that interview, we saw that Artemisia discovered that Rina Trevi, a coach and podcaster, had plagiarized her work. And when Artemisia confronted Rina, Rina rose to the occasion, and they did an episode of Rina's podcast in which Artemisia told of the damage the plagiarism did, and Rina owned up to it. We were so taken with it that we asked Artemisia to [come on our podcast again](#) and talk about how she was able to channel her anger into effective action, and how Rina's response facilitated healing.

What do you think?

Send me a message!



It's here!

The book is now available in three formats: paperback, eBook, and audiobook. You can get it anywhere books are sold. I've linked the cover picture to the Amazon listing because (for good or ill) that's how people find out about books in the USA these days, so when you buy it there it tells Amazon to tell more people about it.

And please give it a rating and review! It's easy--just go to the Amazon page, scroll down to the button labeled "Write a customer review," and take it from there.

More info about the book is [here](#).

Thanks!

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!

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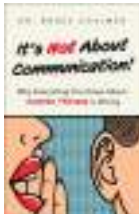
Podcast

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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