



Dr. Chalmer's Newsletter - Issue #23

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 #23!

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

Welcome new subscribers! I've noticed an uptick in signups recently--maybe related to the release of my latest book. Whether you're new to this list or a long-time subscriber, please drop me a line and let me know what you like, or don't like, or would like to see more

of. I love to hear from you!

Since my book *Betrayal and Forgiveness* came out in June, I've been hearing from people about their experiences of betrayal. And Judy and I (for you new folks, that's my wife and podcast co-host Judy Alexander) recently did [a podcast episode](#) about a particularly heart-wrenching situation.

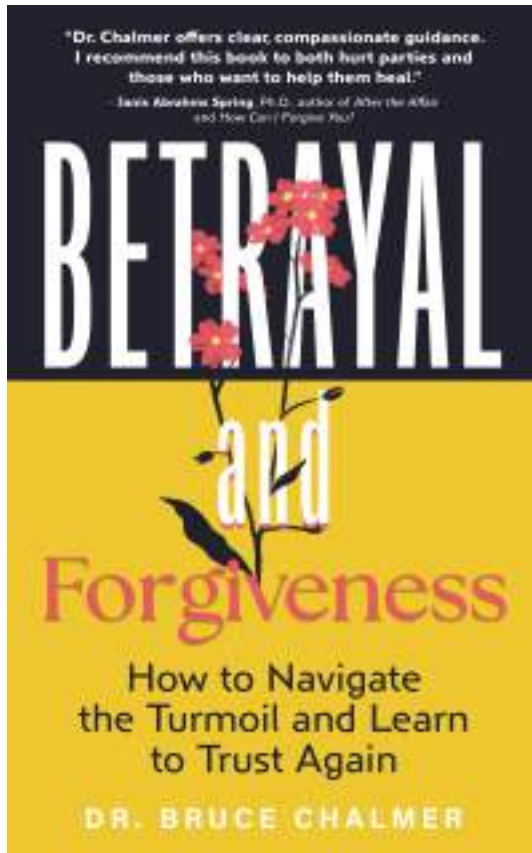
The letter-writer, whom we called "Les," said that his wife of 45 years had died suddenly a few months before. When he was going through her emails he discovered that she had been carrying on an affair with her high-school boyfriend, whom she had connected with at a reunion, for eight years.

Les doesn't know what to do. Should he confront the boyfriend? Should he tell their adult children, and other family, and friends? He's not only dealing with grief and betrayal, but

also isolation--he doesn't want to sully his late wife's reputation, but he feels so alone.

Judy and I talked about it in the podcast episode, so I invite you to [check it out](#). And let me know what you think--just reply to this email, or write to me at bruce@brucechalmer.com.

Send me a message!



It's here! Please review it!

My latest 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!

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

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