



## Dr. Chalmer's Newsletter - Issue #24

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 #24!

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

It's been a busy month! My new book is out, we've done some amazing podcast interviews, and rehearsals are in full swing for the high holiday choir I direct at our synagogue. And Judy and I are getting ready for a "bucket list" trip to some of the national

parks in Utah.

I want to especially mention the two most recent podcast episodes as of this writing.

[This one](#) is an interview with our friend Paula Cope. Paula is a brilliant, creative, and lively person with an amazing story of resilience. When she was 16, she was abandoned by her mother, went off to college with nothing, and somehow found a way through. Her story of how her teacher would observe that Paula had nothing to eat and routinely discover an "extra" sandwich had both Judy and me *verklemt*.

[This one](#) is an interview with Dr. Joshua Coleman, a widely-known psychologist who works with families to try to heal estrangements. Dr. Coleman often works with parents whose adult children have cut off contact. His approach is atypical--in my opinion, refreshingly so. Some of what he does might surprise you. If you're estranged from a close

family member--and it turns out that about a quarter of Americans are at any given time--you'll want to check this episode out.

Send me a message!

### Hive Mind: Please help me pick an ad image for my book!

You might recall a few months ago, when my cover designer had offered some options, and I asked for your opinion. Thanks to all of you who participated!

Now I need your help again. Which of the three designs do you like? Which one is most likely to get you to click on it to find out more, or to just go ahead and buy the book?

And I'm also asking you to test out three different landing pages--just click on each link to see the page. Which one is most effective?

Here are the three images (call them #1, #2, and #3 from left to right):



And here are links to the three landing pages:

[Landing page A](#)

[Landing page B](#)

[Landing page C](#)

Let me know what you think! And 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!

[Newsletter Archive - Click Here for Past Issues](#)

## Helpful Links



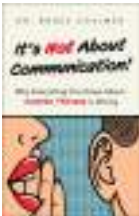
### Podcast

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

### Dr. Bruce Chalmer

South Burlington  
United States of America

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