



Dr. Chalmer's Newsletter - Issue #27

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 #27!

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

Here's another update about my son Eli. For those of you new to my newsletter, in early October, Eli was seriously injured in a climbing accident, when he was hit in the head by a large chunk of rock that had dislodged above him. I wrote about it in [Issue #25](#).

Eli has continued to make progress in his recovery. His tracheotomy was removed in early January, which has helped him be able to speak (albeit still quietly and haltingly), and he recognizes us. Hearing him say our names when Judy and I were visiting was an amazing feeling. He's relearned how to swallow, so they're working on weaning him from the PEG (that's the feeding tube inserted through his skin into his stomach). His ability to move limbs on both sides continues to improve, to the extent that the therapists are working with him on being able to stand up.

All in all, we're encouraged!

Again, many thanks to those of you who have offered your prayers and good wishes for Eli (his Hebrew name is [עלי אשר בן יהודית](#) for purposes of healing prayers in synagogue).

And many thanks to those of you who contributed to the [GoFundMe](#) campaign to help Jessie (my daughter-in-law) deal with the loss of Eli's income and the extraordinary costs of care they will be facing.

Meanwhile, in my professional life...

The Podcast Episode Where I Let My Curmudgeonly Side Emerge

Judy and I have been having fun with our "Couples Therapy in Seven Words" podcast for almost five years now. Later in this newsletter I'll give you a rundown on recent episodes. We've had interesting guests and covered some controversial topics.

For the [episode](#) we recorded just before the new year, I wanted to let my (admittedly sparse) hair down a bit, and Judy graciously let me expound on some of my favorite rants. If some of what I talked about pisses you off, or at least makes you a bit uncomfortable, I've touched the nerves I'm trying to touch.

Just to whet your appetite (or possibly to warn you so you stay away), among the topics I address are diversity, ADHD, trans women in women's sports and J.K. Rowling's cancellation, and more. As you'll hear (if you're not immediately so appalled that you stop listening), the theme that ties my comments together is ideas versus ideologies. Feel free to rant back! If you'd like to be on our podcast to offer contrasting points of view, we'd love to have you.

Please Review My Latest Book!

And I've made it super simple to do so. One click on this link (<https://www.amazon.com/review/create-review?&asin=B0D4B6KL79>) takes you right to the review page on Amazon.

Just click, rate (five stars, I hope!), say something nice, and Submit. Done! And much appreciated!

Recent Podcast Episodes

Speaking of our podcast, here are some themes of recent episodes you might want to check out. You can find the video versions of our podcast at [my blog](#), and the audio versions at [our podcast website](#).

- [If Men Have All the Power How Come Women Make the Rules?](#) - Jack Kammer
- [Diversity, Diagnosis, and Nonsense: When Ideas Turn Into Ideologies](#) (this is the one I wrote about above)
- [From Near-Divorce to a Thriving Marriage](#) - Sophie Orozco

- [How Can You Tell If Your Therapist is a Quack?](#)
- [Becoming a Better Husband](#) - Angelo Santiago
- [How Do I Know When to Call It Quits in a 40-Year Marriage?](#)
- [What the Heck is Self-Love, Anyway?](#) - Jonathon Aslay
- [My Husband Complains About My Cleaning! What's Going On?](#)
- [Reframing Pressure as a Choice](#) - Brian Hite
- [Sex Therapy for Older Adults](#) - Dr. Jenn Kennedy

That's it for now--see you next time!

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](#)

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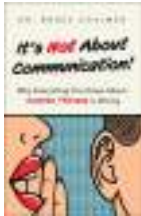
Podcast

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



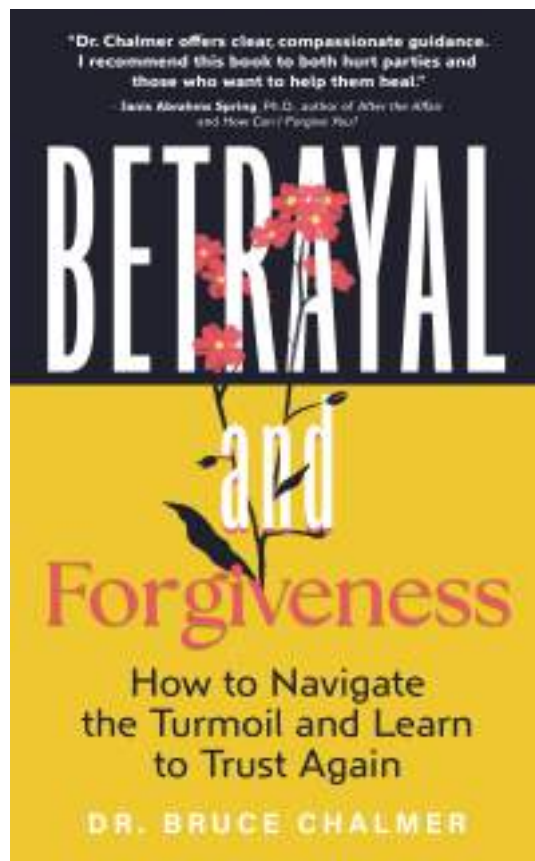
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