



Dr. Chalmer's Newsletter - Issue #28

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 #28!

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

It's almost five years since my book *Reigniting the Spark: How Stable Relationships Lose Intimacy, and How to Get It Back* was published. The publication date was February 29, 2020—Leap Day. Seemed auspicious when we picked it.

Of course, that date coincided with the start of the pandemic, which meant we couldn't do any promotional events, at least in person. So I decided to do a virtual book launch using Facebook Live. And since Judy has a wonderful stage presence, I asked her to co-host, and she graciously agreed. [Here's a link](#) to that event, from March 30, 2020—the action starts a little after five minutes in.

We had a lot of fun doing that event. And a few weeks later, I was interviewed on Shelagh Shapiro's podcast "Write the Book" ([here's the link](#)) and that was fun too. Shelagh suggested that I do a podcast, and of course I asked Judy to co-host. Our [first episode](#) of our "Couples Therapy in Seven Words" podcast was released on June 6, 2020.

Since then, we've released almost 200 episodes (as of this writing, 195 have been posted, and several are in the queue). We've interviewed guests on 106 of those episodes, with only three people interviewed twice. Our guests have included couples therapists and coaches, sex educators and therapists, rabbis and pastors, and a host of other professionals. We've also interviewed couples and individuals with stories of their own experiences navigating the sometimes rocky shoals of relationship. And in the episodes we've done ourselves, we've told [our own love story](#), commented on events and shows we've seen, and covered topics including sacred sex, porn, polyamory, faith, [cross-dressing](#) (that one, incidentally, is the most-downloaded episode by far), why [it's not about communication](#) (that one is the second-most downloaded), ideas vs. ideologies, healing the nation, and a whole bunch more.

And we're still having fun doing it!

You can find the audio-only versions of all episodes at our podcast website, <https://ctin7.com>. The video versions (for the ones that have video—there was a period when we were only posting audio) are available on my YouTube channel, @brucechalmer, and also on my blog, <https://brucechalmer.com/blog/>.

And, of course, you can follow/subscribe to our podcast, and review us, wherever you get your podcasts.

Do you have a topic you'd like us to cover? Would you like to suggest a guest, or be a guest yourself? You can contact us via the [podcast website](#). Or just respond to this email.

Do You Have a Story About Cross-Dressing?

I mentioned above that the most downloaded episode of our podcast so far is the one called "[My Wife Found Out I Cross-Dress. Help!](#)" In fact, because that episode was so popular, we went on to do two more episodes on the topic ([here](#) and [here](#)).

There was another topic that surprised me by how much response it generated. I did a blog post called "My Husband Complains About My Cleaning! What Should I Do?" That post ended up being the most popular page on my website for months. So I wrote a booklet about it (you can get it [here](#)).

It was easy for me to write about the husband-complaining-about-cleaning issue, because I've seen it a lot in the work I do with couples.

I can't say the same about dealing with cross-dressing, because I've worked with fewer than a handful of couples over the past 30 years where cross-dressing was an issue. I'm not an expert on the subject.

But since so many people have found their way to our podcast episodes on the subject, I'm curious to learn more.

Do you have experience with cross-dressing affecting a relationship? Please drop me a line (you can just respond to this email) and tell me about it. Let me know if it's okay to share the story (I'll assume anonymously unless you're an expert on the subject and want your name used). Thanks!

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

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](#).

- [A Hopeless Romantic and the Masculine Ideal: Gregory Diehl](#)
- [Four Things Your Therapist Wants You to Know](#)
- [How Can Improv Improve Your Relationships? Andrew Davies](#)
- [Creating Secure Relationships: Julie Menanno](#)

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](#)

Helpful Links



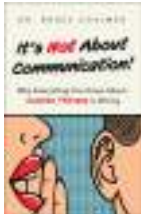
Podcast

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



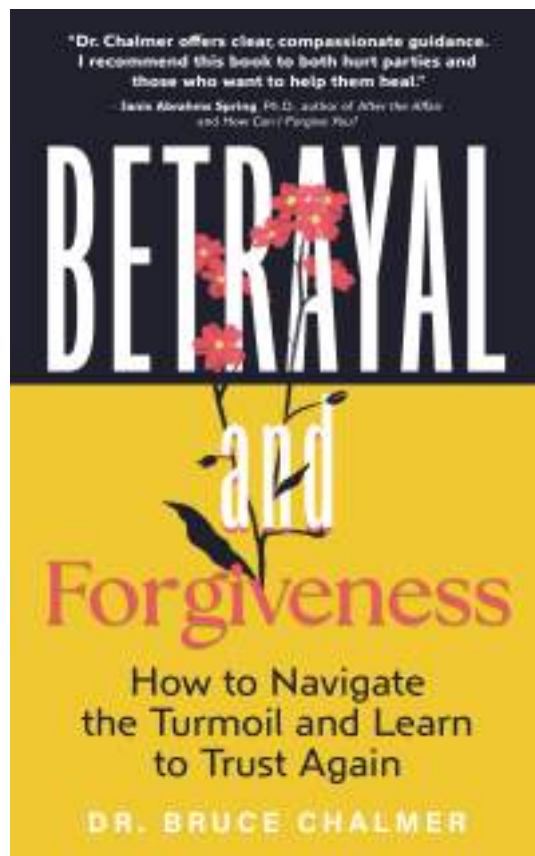
Reigniting the Spark

Why Stable Relationships Lose Intimacy, and How to Get It Back

Betrayal and Forgiveness

How to Navigate the Turmoil and Learn to Trust Again

Available in paperback, ebook, and audiobook



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