



Welcome to Dr. Chalmer's newsletter!

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!

Thanks for subscribing--I'm delighted to have you in the community!

This newsletter is about relationships: the good, the bad, the weird, the baffling--pretty much anything about relationships. Since I'm a couples therapist, I'll be talking mostly about intimate partner relationships, but you never know what might come up.

If you've missed any issues of the newsletter (and if you're reading this, it means you have!), [here's the archive](#) so you can catch up. (I recommend at least reading [Issue #1](#).)

I want this newsletter to be a two-way street. What are your stories about relationships you've been in? What are you curious about? What would you like Judy* and me to talk about in our ["Couples Therapy in Seven Words" podcast](#)? Drop me a line!

[Send me a message!](#)

As your reward for signing up, here's your free download of my booklet [Seven Words to Jump-Start Your Love Life.](#)

Seven Words to Jump-Start Your Love Life

What You Need to Know,
in One Sentence

Dr. Bruce Chalmer



Check out the booklet, and then [send me a message](#) with your comments! And while you're at it, check out my newest book, [*Betrayal and Forgiveness: How to Navigate the Turmoil and Learn to Trust Again.*](#)

**"Dr. Chalmer offers clear, compassionate guidance.
I recommend this book to both hurt parties and
those who want to help them heal."**

*- Janis Abrahms Spring, Ph.D., author of *After the Affair*
and *How Can I Forgive You?**

BETRAYAL



and



Forgiveness

How to Navigate
the Turmoil and Learn
to Trust Again

DR. BRUCE CHALMER

Send me a message!

Oh yes--before I forget, 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!

Bye for now! Check out the links at the bottom of this email.

Any questions or comments? You know the drill:

Send me a message!

--Bruce

*That's my wife and podcast co-host, Judy Alexander. If you haven't checked out our ["Couples Therapy in Seven Words" podcast](#), you don't know what you're missing!



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

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