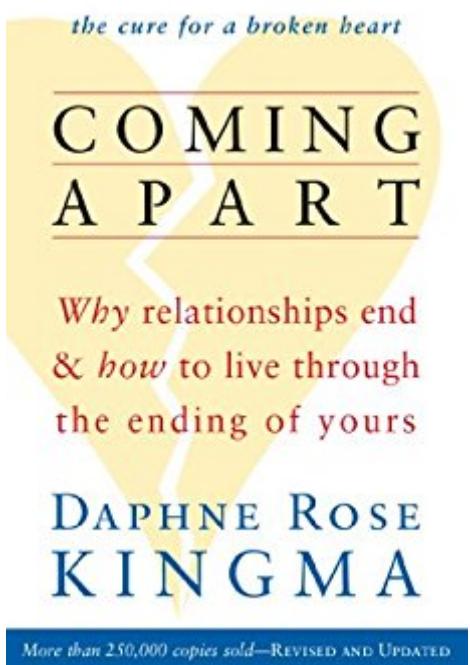


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# Coming Apart: Why Relationships End And How To Live Through The Ending Of Yours (new Ed)



## Synopsis

"Kingma deals with love so directly...that Coming Apart brings immediate comfort to anyone in pain."

-LA Weekly

Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. Coming Apart is a first-aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self esteem intact. Daphne Rose Kingma, the undisputed expert on matters of the heart, explores the critical facets of relationship breakdowns:

- Love myths: why we are really in relationships
- The life span of love
- The emotional and unconscious processes of parting
- How to get through the ending
- How to create a personal workbook for finding resolution

Originally published in 1987 and continuously in print since then, with more than half a million copies sold, Coming Apart has been an important resource for hundreds of thousands of readers experiencing the pain and stress of a break-up. For anyone going through the ending of a relationship Kingma is a caring, sensitive guide. This re-packaged edition includes a new introduction by the author.

## Book Information

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## Customer Reviews

Over the past decade, I've bought this book for every friend who went through a break up or divorce, and in spite of the title, it is THE best book I've read on relationships in general, and I've read many. This book profoundly shifted my own perspective on relationships when I first read it 10 years ago. In fact, I'm in a wonderful marriage now, which I attribute partly to the perspective I got from this book. Every friend I've given it to, which adds up to about 10 so far, has also gotten so much from it. This book explores why we choose who we choose, and what relationships are really about. This is a wise, deep, encouraging book. If I could, I'd buy it for EVERY one of my friends!

Thank you, Daphne Rose Kingma.

This book was exactly what I needed, to make sense of my 14 year marriage that ended. It filled in blanks of so many questions I had. It enabled me to move to the final stage and get the divorce. It also enabled me to have self respect and also an objective respect for my soon to be ex-husband. Thank you Ms Kingma for the lighthouse that showed me the way.

A steady companion to the broken-hearted as they begin to tack their lives back together post-break up. Contains a great humanizing chapter on the common feelings and experiences of those grieving the loss of relationship. Though many of the people in her "case histories" give rather superficial insights into their relationship break downs, Kingma's book essentially offers psychologically complex self-help. Her workbook chapter is excellent - potentially transformative of readers' perspectives on their current pain. One negative comment: The hetero-normative lens through which she discusses couple relationships could use a reframe in order to make the book more widely applicable. My overall assessment of the usefulness of the book as bibliotherapy: I'd recommend it as a valuable "stage two" read following break up triage such as the no-contact rationale and guidelines contained in a book such as Susan Elliot's "Getting Past Your Break-Up". The latter offers essential help for readers struggling with the practical how-to's of parting ways.

The beginning of the book seemed a little quacky but after the first chapter or 2 it became enlightening. It's a good book to read when you want to look at things like a 3rd person with some distance between you and the raw emotional drama of a separation or divorce. Sometimes distancing yourself from the situation can help you make better decisions.

Fantastic book of substance which gave me meaningful and practical support for processing the end of my 26 year marriage. Journaling the answers to the questions at the end of each section was

super helpful for me. Would highly recommend this to anyone going through a difficult break-up.

i liked the idea that all relationships take two to build and two to dismantle. I thought I married a soulmate, a protector, who turned out to have led a double life, filled with betrayals and infidelities. I was blinded by my need to maintain the "happy family" I fantasized about as a child of a broken home. Looking back, I realize I placed an impossible burden on him- and I was too afraid to face the reality that our relationship was dysfunctional because at times it was so loving and good, and he really was a best friend, a good provider and a caretaker in many ways. I want to take responsibility for my part in the prolonging of something that was not a fairytale but a deeply troubled marriage. I am truly scared of the future, but i want to heal and have hope. This book helps create a roadmap for healing and accepting our own role in the way things turned out.

Enlightening and comforting. This will give you an effective viewpoint from which to heal; different from what your friends, the media and the church have been feeding you.

Honestly, if you are struggling and suffering from a break up, you need this book. I also found it useful for just explaining how relationships have evolved over the decades and the impact that has on relationships today. Hands down the best break up/relationship book I have ever read.

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