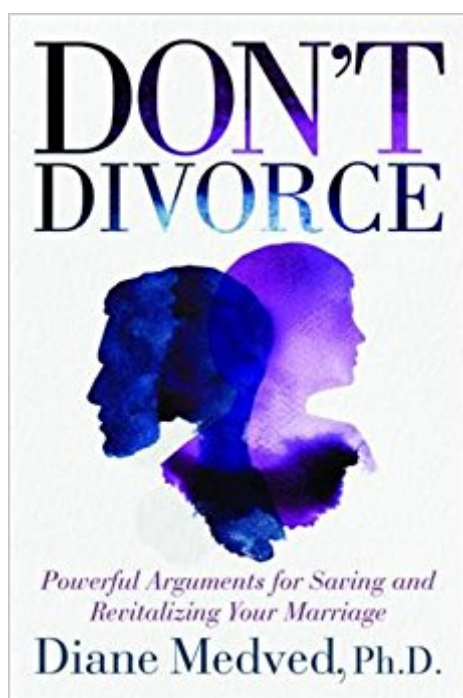


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# Don't Divorce: Powerful Arguments For Saving And Revitalizing Your Marriage



## Synopsis

If you're in a troubled marriage, divorce might seem like a reasonable option. But in most cases, it's a calamity. Shows like Bravo's *Girlfriends' Guide to Divorce* and HBO's *Divorce* normalize the dissolution of marriage, making couples feel that divorce can be a happy new beginning. Celebrities suggest a norm that divorce is not only acceptable but advisable. Gwyneth Paltrow's "conscious uncoupling" makes divorce seem trendy and enlightened. Today, couples are even throwing "divorce parties" — complete with invitations and caterers! Enough, says psychologist Diane Medved. If you're hurtling down the road to divorce, the first thing to do is to put on the brakes. Don't let your spouse, your friends, or the "divorce industry" rush you into ending your marriage. Take a deep breath and read this book. Drawing on three decades of clinical and personal experience, Dr. Medved will show why you should save — and revitalize — your marriage. She expertly unmask the threats to marriage, including hookup apps that promise non-committal sex, and legions of professionals who are financially invested in your divorce. She punctures one-by-one the arguments in favor of divorce, proving that "the good divorce" is a myth. *Don't Divorce* is the antidote to a pro-divorce culture, the tool that will empower you to revive a dying marriage and recover the happiness that seems out of reach.

## Book Information

Hardcover: 256 pages

Publisher: Regnery Publishing (March 6, 2017)

Language: English

ISBN-10: 1621575217

ISBN-13: 978-1621575214

Product Dimensions: 6.1 x 1.6 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 16 customer reviews

Best Sellers Rank: #123,773 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #152 in Books > Parenting & Relationships > Family Relationships > Divorce #726 in Books > Parenting & Relationships > Marriage & Adult Relationships

## Customer Reviews

Diane Medved, Ph.D. is a clinical psychologist, author of five major non-fiction books, blogger, and nationally-known speaker and media personality. Dr. Medved blogs on her own site,

• Searching for Bright Light, • and writes columns for USA Today, Truth Revolt and MichaelMedved.com about social media, family and politics. She is a guest host for her husband's nationally syndicated radio program, • The Michael Medved Show • that reaches 4.5 million listeners daily, and has appeared on myriad other programs including • The Rush Limbaugh Show, • • CBS Morning News, • • Good Morning America," • The Today Show, • "Oprah," and "Larry King." Dr. Medved is the author of The Case Against Divorce, Children: To Have or Have Not?, and First Comes Love: Deciding Whether or Not to Get Married and is the co-author (with her husband Michael Medved) of Saving Childhood: Protecting Our Children from the National Assault on Innocence and (with former Vice President Dan Quayle)The American Family: Discovering the Values that Make Us Strong, which quickly appeared at #1 on the Los Angeles Times Best-Seller list (first printing 350,000 copies). She lives in Seattle, Washington.

The author encourages anyone thinking about divorce to reconsider, since marriage is a family project rather than just a means to increase the immediate satisfaction of each spouse, and divorce has a negative impact on both the parents and children's lives, as well as society in general. Diane Medved has a lot of insight into marriage, and I could relate to many of the points made. For example, the "chop and run" where one spouse suddenly announces the end of a marriage, or the classic cop-out used by abandoning spouses that "we were never really married". Highly recommended.

This book presents a calm, rational and forgiving approach to a troubled marriage. If you are considering divorce, read this book first. The grass is rarely greener elsewhere.

Only section four was helpful to me. I felt the book was way too wordy.

Appreciate the up to date research and data.

Powerful book!

This book was extremely enlightening. I especially recommend the chapter about the divorce industry, the tsunami that engulfs a person once the words "I want a divorce" leaves his/her lips.

To say that I enjoyed reading Don't Divorce may sound a little weird considering the fact that I am in a happy marriage for over 35 years. However, what I found most interesting in Dr. Medved's crisp and well-documented presentation were the lessons here for the happily married couple. Moreover, this guidance was communicated not in any sort of way that mocks someone who is currently unhappy. Dr. Medved's book is a reminder that marriage is the merger of two individuals and of the critical, unending importance of being thoughtful and kind to your partner. I would recommend it urgently to those with marriage challenges, and importantly to those couples who are happy but have the good sense to always be looking to strengthen their marital bond.

This book was given to us in consideration of a review. This book is not a quick read, nor is it an easy read. It is a book written by a Ph.D. and it feels like it is written like a textbook in some places. However, that might just be exactly what is necessary to combat all the literature out there that is based upon opinion and made-up statistics. As you know, statistically speaking, marriages don't last. You have a higher chance of divorcing before you die than you do of staying married the rest of your life, or that of your spouse. Is that really true? Don't Divorce offers studies that prove divorce is misrepresented in the media, that it isn't as common as one may think. In fact, Don't Divorce shows that much of what is presented in the media as fact is just plain wrong. This book not only dispels the myths, it gives the name of the studies that disprove them. Don't Divorce offers readers information to help them stay together. It reminds readers of how the divorce industry thrives on people's misery and how much potential cost there is, in money and the lives of not only the couple involved, but also their children and other family members. We hope that no one reading this is ever faced with the possibility of divorce. But if there is a possibility, both members of the couple should read Don't Divorce. Don't Divorce is well-written, and although a slow read, should be read by anyone who has a potential divorce in their future, whether it be their own, or that of someone they love. We don't like the subject matter, few would, but we think it is an important book for anyone who has divorce enter their life or the life of a family member or friend.

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Marriage: How To Save Your Marriage And Rebuild Connection, Intimacy and Trust

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