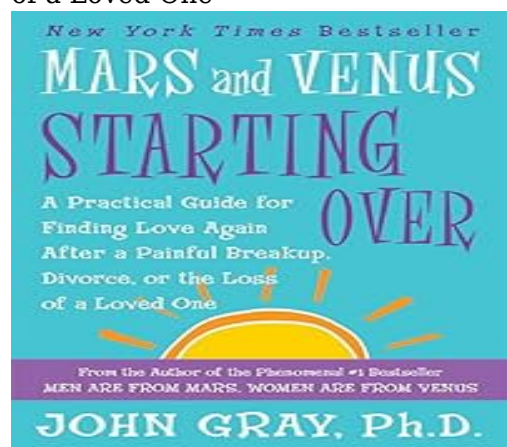


Mars and Venus Starting Over: A Practical Guide for Finding Love Again After a Painful Breakup, Divorce, or the Loss of a Loved One By John Gray I found the part where Gray reveals how differently Men and Women may approach losses very English This book was recommended reading from a support group therapist when I was going through my own divorce. English Makes sense! English I just wanted to say that this book was good therapy! I highly recommend it towards anyone who just went through a breakup.

A breakup divorce or loss of a loved one isn't just the end of your relationship with that person. The struggle as Gray points out in Starting Over isn't just to find a new partner but to get over those feelings of abandonment or loss or anger or whatever else gets dredged up by the end of a relationship. That may seem impossible especially if the bum took off with your best friend your life savings and your Lyle Lovett CDs but Gray didn't get to be a household name because the advice in his Venus and Mars books doesn't work. As for the Venus and Mars stuff that comes in the second half of the book when Gray looks at how men and women start new relationships from different points of view with different priorities (a man might want to have fun with no strings attached; a woman might carry with her a lengthy list of requirements for her next partner a list that excludes virtually all available men). If anybody finds himself or English What's refreshing about this book is that it does than just say Don't call him! or Hang out with your girlfriends : It focuses on your emotions and how you can heal them so you can move on eventually and find love again: It actually validates your feelings of English The content in this book did help give me insight on the situation that I was going through: I did find that a lot of things could be said much simpler and succinctly, I have since bought and given this book to many acquaintances and friends that have also gone through a divorce, A recommended read for anyone divorcing (espeically English Book is missing pages 43 to 74: It's a continuation of every feeling of abandonment you've ever suffered: It's the loss of a system of approval you'd come to depend on, Perhaps the book's most crucial chapter posits that the best way to get over the loss of love is to focus on the love than the loss. Remembering only the bad parts Gray says leaves you with an important part of your emotional being closed to new business. If you've never read Gray's work before you have to be prepared to check your cynicism at the door. This is earnest stuff but it's also based on decades of experience counseling clients. He's not one of those photogenic nine times divorced shrinklets who's telling you how to conduct your relationships without any real clue of what makes love last. This is the real package: nothing glib nothing quick and easy nothing you could've figured out from a Love Is cartoon, Mars and Venus Starting Over: A Practical Guide for Finding Love Again After a Painful Breakup Divorce or the Loss of a Loved One



John Gray Ph: He is the author of over 20 books including The New York Times #1 Best Selling Relationship Book of All Time: MEN ARE FROM MARS WOMEN ARE FROM VENUS: His books have sold over 50 million copies in 50 different languages around the world: John is a leading internationally recognized expert in the fields of communication and relationships, His unique focus is assisting men and women in understanding respecting and appreciating their differences, Johns advice can be easily used to improve relationships at home and in the workplace: For than 35 years

John Gray has conducted public and private seminars for thousands of participants: John entertains and inspires audiences with practical communication techniques, Johns mission is for men and women to understand respect appreciate and work together: John Gray is a popular speaker on the national and international lecture circuit and often appears on television and radio programs to discuss his work. He has made guest appearances on such shows as Oprah The Dr: Oz Show Good Morning America The Today Show The CBS Morning Show Live with Regis Fox Friends Weekend Good Morning New York Larry King Live CNN and Company and many others. He has been profiled in major publications across the United States, John Gray lives with his wife and children in Northern California. comHeard and enjoyed the taped version of MARS AND VENUS STARING OVER by John Gray . the subtitle says it all: A Practical Guide for Finding Love Again After a Painful Breakup who's feeling unable to move onwhen moving on is inevitable, Well worth it!! :) English The first part of the book was a bit too therapeutical for me to understand[1]

Divorce or the Loss of a Loved One.D. is the #1 bestselling relationship author of all time.Visit [www.MarsVenus.com](http://www.MarsVenus.com). The second part had some good points. English.