



When Your Relationship Changes

Kathryn Foster Ph.D.

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We live in a time when romantic relationships can change rapidly: we are not as bound to them by necessity as were our ancestors. But how do you get through the disruption, pain, and fear of the unknown when you've relied on a relationship to anchor and define you? Psychologist Kathryn Foster guides you into discovering serenity and feeling good about your new life. She asks you to feel deep inside to know what you need in your relationship. Trust yourself to know. If a relationship ends, you'll be okay. In fact, you have some surprises in store: autonomy and solitude can feel very good. Transcendence, spiritual growth and living genuinely are your new treasures. Maybe your relationship is in tact but changing. It needs a restructuring and you want to drop some old roles and obligations. Cleanse yourself of old expectations and find yourself again. Acknowledge the limits of romance, and learn to speak up on your own behalf. Perhaps you are moving from tribalism to individualism. Maybe you're taking a second look at romance and marriage and are seeking something different. To do that, you will have to learn to sit with your feelings, quiet your run-a-way ego, embrace change, and see romance as symbolic. This book will make you stronger. Most importantly, you will find your way back to yourself.

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