



Coming Apart: Why Relationships End and How to Live Through the Ending of Yours (new ed)

Daphne Rose Kingma

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Clearly, one of the most complicated and devastating experiences of life, next to the death of a loved one, is the death of a relationship. Daphne Rose Kingma offers a process and a way of examining relationships that is not only healing and helpful through the process and after, but provides the basis for using the breakup of a relationship to become stronger and more able to love again.

Coming Apart: Why Relationships End and How to Live Through the Ending of Yours (new ed) Details

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From Reader Review Coming Apart: Why Relationships End and How to Live Through the Ending of Yours (new ed) for online ebook

Andrea says

This book may not be of interest to you if you are not in a relationship that you are thinking about ending, or if you have not experienced the end of a significant relationship in your life. But if you are/ have, I recommend this so strongly. The author says that relationships end for a reason, and she talks about what those reasons are and how to do the emotional work of saying goodbye. Very powerful.

Rolf Vellek says

Absolutely fantastic; easy to read and gets down to really core matters, in a very insightful and compassionate way. One of the best resources I have come across in a year of working through a breakup and deep introspection.

Nikki Morse says

This was helpful. It's been 6 months since my relationship ended, and I haven't been able to think or process much outside of the particularities of the dramatic and shitty ending, or the day to day realities of surviving. But there is more outside of that, and there are learnings and healing that can come from a little perspective. This book helped with that. It's not the most profound thing ever, it's a little proscriptive and totally heteronormative - and I'm glad I read it and would recommend it to others surviving a break up.

Jack Lin says

Less a self-help book than a self-awareness book, "Coming Apart" provides a grand perspective on the role of relationships (why they happen, why they come apart) by detailing all the archetypical stages of break-ups. It helped me keep growing through a really hard one myself. The ideas in this book were such a comfort that I slept with this book next to my pillow. Kingma writes with gentle, yet unsentimental, clarity that quietly ushers us through the process of understanding ourselves, understanding our romantic partners, and seeing + accepting our places in other lives.

Kari Ni says

Pretty helpful. The author's style is simple and straight, so don't expect any sugar-coated morals. A great adviser through loss and despair on the way of healing, hope and happiness. Wish I had known this book much earlier.

Leroy says

This book changed my life - not kidding or being corny - and is helping me get through a wonderful but brief relationship that recently ended and has moved to no communication.

Everyone should read this because it really explains how and why relationships end and some good ways to deal with it.

Cdorich says

This is a must read if your in a relationship and need to get out. This book helped me so much and I've recommended to several others that it also helped. It was recommended to me by my therapist at the time.

David Park says

An insightful and enriching book from a practicing psychologist for tough times. Daphne Kingma proposes that our traditional (default) views of relationships are antiquated. In reality our reasons in being in a relationship are selfish, not selfless, and the ending of relationships are normal. Does that make reality bitter and depressing? No, because she says relationships are more than a compatible parter but a transference of gifts. People come together because they meet each others needs originating from childhood, and fulfilling those needs is the exchange of Daphnes gifts. She provides plenty of examples of what is essentially people growing and evolving. This is what may be the real root of relationships (and I see a flavor of transactional analysis mingling here, as a TA fan). Does relationship loss hurt? Sure, the only thing worse is loss through death. Can it provide more than misery, pain, or regret? You betchya. There are always lessons to be learned and the act of selfishness can allow you to become a better, mature, and more wholesome being with the experience relationships can give you.

Candace says

After a long-term relationship ended in a less than ideal way, I was fairly inconsolable and looking for solace. Someone recommended this book to me. Not only did it completely change my mood (I viewed it as my bible of sorts that summer), but it really changed my view of relationships. I understand myself and my relationships on a much deeper level. I even gave it to my ex to read. Since then, I've purchased this book a few times, and need to do so again - I keep lending it to people and not getting it back, probably because it has impacted others in the same way. I would highly recommend this book to anyone. I don't think it's just a book for the end of a relationship, either. Reading it before you're in a relationship or at the beginning of a new relationship gives you clarity and insight that will help you later on.

Jim Anderson says

I found this book in my library today. It brought back many feelings as I read my notes & all of the colored markings. I read this book about five years ago while trying to understand why my marriage was coming to an end when I had tried saving it the previous six years. Honestly, logic and reality seemed like insanity. At that time, I was going over my past delving deep into my conscious mind of events, behavior wanting to know the reasons why our marriage had failed. I wanted to know both mine & my wife's responsibility in the ending of a 25 year marriage. I could not put this book down once I started reading it. This book is not a marriage counseling book. It goes into logical reasons why some marriages are a failure before the start, the dysfunctional behavior brought into a marriage that is a loaded shotgun and myths of expectations. The advice how to live through the ending of my marriage established some standards for me that soften my grief and allowed me to move on with dignity, understanding & kindness toward her & her new husband. One profound thought in closing that I learned from this book which I believe is truth; "We live out our adult relationships from the experiences of our childhood".

LemontreeLime says

As i remember it, i'm fairly certain i liked this one.

Yitka says

This is likely one of the most valuable books I've ever read - essentially a handbook for letting go of a serious relationship with someone. It is a close confidante and excellent therapist in book form. I've never done writing exercises in a self-help type book before, but I did with this one, and they got me through some very difficult times. You'll go from feeling broken, lost and hopeless to feeling calm, clear, and full of hope and gratitude alike. I want to buy it for every one of my friends who's ever in the midst of a breakup or divorce.

Benedict Reid says

The right book at the right time. I've never been a fan of self-help books, but I have to admit that this one was very useful. It helped to clarify my feelings without making me suppress any of them. I haven't finished doing all the exercises (some are a little scary) but just reading through them was useful. Totally recommend to anyone in a similar boat. Although, that said, if I'd been given this even 3 months ago I would have hated it.

Thien Doan says

This book has open up a lot about your life. The way the author describe of what of majority of the people has been through and how to react that.
"I'll know you'll be with me always. I know you won't lave me here alone."

He's quoting off of people of what majority of those people said as seen up there. It's impressive to see that because some of these quotes are true when you read it. It made readers make some connections with the author. The understanding of each other just by through the book. So when you read this book, you'll feel like you already find a real friend that is here to tell you some things. As the quote I mention where the author quotes off of people, made readers become really attracted to this book because they find something in common. When the author capture the readers attention he goes to telling the details which I like the most because he expand on his idea with descriptive detail.

"["For me, it was when we went out to dinner after we'd been separated for six months. Bob had four drinks before dinner and wine with his dinner. He was...""]"

The author is giving you the idea of other peoples story and it's incredible because usually people thought they are the only one having these type of situation, but when readers spot that they are more comfortable. He get into details with that which he's good at it.

"Exercise Four: Taking the Gift"

The author is taking tour with the readers of how to do these step by step. He doesn't tell you specific detail, but he wanted you to think about it. He doesn't know all the exact details, but author want to give you the big idea of your decision. Which I like this part a lot because no one have the exact story in their life and the way describe it was accurate and general for all types of readers that needs help with their relationship. If anyone has problem with relationship I recommend this book. There's lots of things that are in stores you haven't realize. Must check it out!

Lauraine Neal says

Stunning how helpful

The exercise and the content were very useful. I brought this book during my divorce and hadn't read it until after. It was therapeutic. A definite winner. Something for everyone no matter what stage you are at in your process.
