



Break Up or Break Through: A Spiritual Guide to Richer Relationships

Dina Bachelor Evan

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Dina Bachelor Evan is a licensed marriage, family, and child therapist with a PhD in psychology and one in holistic health. She has offices in Phoenix and Los Angeles.

An interview with Dina Bachelor Evan, Ph.D. author of *Break Up or Break Through*

You meet, you fall head over heels in love, you change your life for this person, and then suddenly you find you have nothing in common. You begin to fight, break up, and start the whole cycle over again. Sound familiar?

There has to be a better way. According to Dr. Dina Bachelor Evan, a psychotherapist with 16 years of couples counseling under her belt, there is. Her ideas, coupled with an astounding 90% success rate, are on display in the new book, *Break Up or Break Through: A Spiritual Guide to Richer Relationships*. Focusing on gay and lesbian couples, the book presents new paradigm for healthier, more fulfilling relationships. Dr. Evan talks about her book, her beliefs, and what most commonly goes wrong with gay and lesbian relationships.

Alyson: Why did you write this book?

Dr. Dina Bachelor Evan: In the gay community there are very few visible role models for successful relationships. We're in trouble. To make matters worse, today we are experiencing a relationship revolution in this country both in the straight community and the gay community. Divorce rates are skyrocketing, and statistics indicate the rates for long-term successful relationships in our communities are outrageously low. I have a 90% success rate with couples. I believe relationships are the finest spiritual teachers on the planet! Our ability to create long-term commitments and healthy families is the very foundation of stability and health in our community, just as it is in every civilization. Our ability to love profoundly, ethically, spiritually is a reflection of our character. I believe we all want these deeper values and commitments, yet we haven't been given the tools with which to create meaningful relationships. This book gives you those tools.

Alyson: What questions do people ask most about relationships?

Dr. Dina Bachelor Evan: Most people want to know how to tell when they are really in love. Other questions

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Hye Elliott:

Reading can called brain hangout, why? Because if you find yourself reading a book particularly book entitled Break Up or Break Through: A Spiritual Guide to Richer Relationships your brain will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely might be your mind friends. Imaging just about every word written in a guide then become one type conclusion and explanation which maybe you never get before. The Break Up or Break Through: A Spiritual Guide to Richer Relationships giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us explain to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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David Cormier:

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