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## Why Love Dies: The Process of Martial Disaffection

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less worth the effort." (p. 107) With poor teachers there is nothing new to learn or to teach.

For Lindley the path to becoming a good teacher means pondering our own stories; we must find out who we are in relation to the curriculum we teach. Good teaching does not begin with technique or pedagogy, but rather with "personal reflection begun in the teacher and continued in the student." (p. 60) Teachers should ask about their lesson plans, "How did I learn this?" not "How shall I teach this?" Teachers need to look back and see themselves as the unknowing child so they can see their students reflected in the mirror of their reflection. The point of departure is to ask questions about the content of what is taught the way a child would ("open, non-judgmental, taking in experience whole") so that the teacher is free to ask the child those same questions when they teach the child.

Throughout the book, Lindley masterfully weaves his own story and experiences of teaching with his Jungian philosophy of teaching and learning. He presents many specific examples to illustrate his points and support his view. And as a true blue clinician he offers much that is practical: only attempt to change what is possible in your teaching and in your classroom (getting students to have an open mind, motivation, the curriculum, time), not the impossible (the lack of concern and effort by other teachers).

This is an excellent little book that is full of much insight and wisdom about teaching and which can provide the classroom teacher at all levels of instruction with much to think about. For this author, teaching is a liminal experience, betwixt and between the student and the teacher, the school and the curriculum. This book substantially illuminates that space. And no teacher who reads it will be able to put it down without reflecting on their own place within that space.

**When Love Dies: The Process of Marital Disaffection**, by Karen Kayser. New York: The Guilford Press, 1993. 191 pp. \$26.95 Cloth. ISBN 0-89862-086-4.

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During an interview on National Public Radio several years ago, the pioneering family therapist Salvador Minuchin was asked how he accounted for the high divorce rate (nearly fifty percent) in America. He responded

that when you consider that in each marriage two people are attempting to bring together the rules, roles and expectations from two different families, both carrying the legacy of cultural heritage and idiosyncratic patterns of thinking and being, it is amazing that any marriages last at all.

Perhaps overstated, this assertion highlights the ever increasing (and perhaps unrealistic) demands that we place on the institution of marriage. More importantly, it beckons a call for increased awareness and understanding of how the myriad of marital challenges are both successfully and unsuccessfully negotiated. I believe that Karen Kayser's book, *When Love Dies: The Process of Marital Disaffection*, offers timely and meaningful insights about the many steps that often lead to losing one's emotional attachment to a spouse. Conversely, it provides clues that might prove helpful in mitigating such a process.

Kayser draws from her own research project and a comprehensive assortment of related studies to offer a variety of explanations for marital disaffection. For example, marital disaffection seems to occur primarily in one spouse, after a sequence of stages during which he or she may try unsuccessfully to discuss or resolve specific complaints. Eventually, this person begins to doubt their spouse, their marriage, and ultimately their own love and caring for their partner. The most frequent types of events that were reported to be turning points were: the partner's controlling behavior, the partner's lack of responsibility, and the partner's lack of emotional support. Yet, when the spouse with growing doubts attempts to address concerns, this is often met with defensive routines of avoidance, blame, or unresponsiveness. Not surprisingly, the process that leads to disaffection takes on a life of its own, and affects behaviors and perceptions in a circular manner. For example, in contrast to dating and courtship, when couples often overlook negative traits or behaviors, in this middle phase (which is often characterized by intense anger) a spouse may magnify the negative behaviors he/she sees while overlooking desirable ones. Ultimately, hurt gives way to anger, which gives way to disaffection. Kayser asserts, "apathy, not hate, is the opposite of love." (p.68)

After I absorbed the thoughts and feelings of those persons who have reached disaffection that are documented through normative data and anecdotes in this book, I was left believing more strongly that successful relationships are best achieved through mutuality and respect. Yet, these qualities and values seem to swim ever so slowly against the cultural tide of imbalance. Perhaps, we can change the direction of the current by better performing egalitarian values and relationship skills, in our pairs.