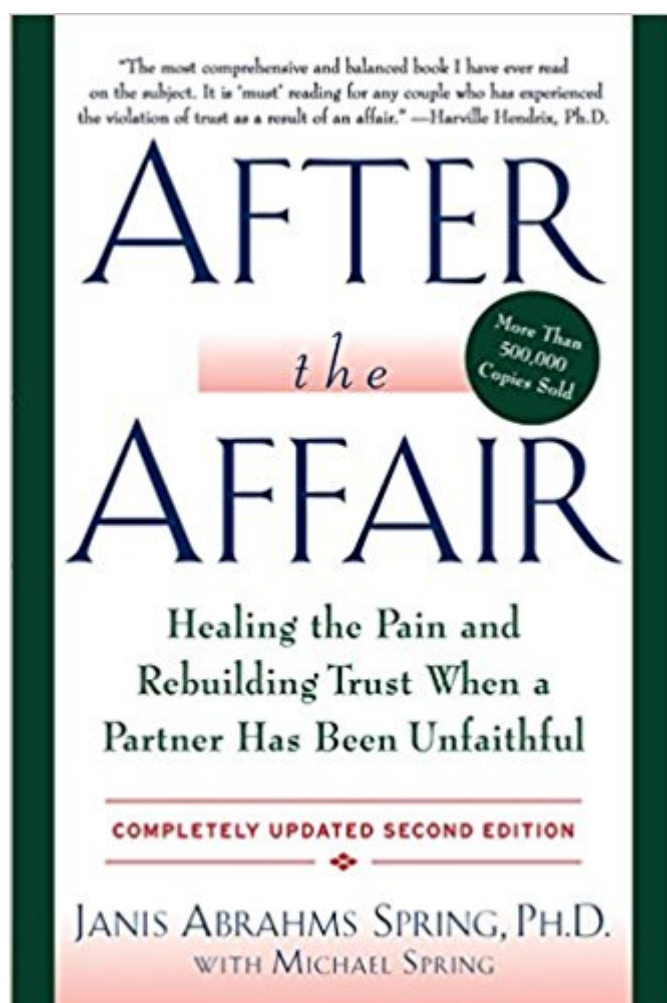


The book was found

After The Affair: Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful, 2nd Edition



Synopsis

Dr. Spring possesses a remarkable combination of clarity, wisdom, spirit, and heart. This is an extremely helpful and healing book—a gift to us all. —Harriet Lerner, Ph.D., author of *The Dance of Anger* It is a must-read for any couple who has experienced the violation of trust as a result of an affair. —Harville Hendrix, Ph.D. A staggering number of couples in America—about 70 percent—have been affected by extramarital affairs. *After the Affair* is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship. Written by Janis Abrahms Spring, Ph.D., a nationally known therapist and acknowledged expert on infidelity, this revised and updated version brings the groundbreaking classic into the 21st century, with a new section dealing with online affairs in cyberspace. For women who are struggling in their marriage—and for clinicians, psychology academics and readers fascinated by popular psychology—this newly revised and updated edition of *After the Affair* is essential reading.

Book Information

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Customer Reviews

After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an infidelity. Drawing on thirty-five years as a clinical psychologist, Dr. Spring offers a series of original and proven strategies that address such questions as: * Why did it happen? * Once love and trust are gone, can we ever get them back? * Can I should I recommit when I feel so ambivalent? * How do we become sexually intimate again? * Is forgiveness possible? * What constitutes an affair in cyberspace?

Janis Abrahms Spring, Ph.D., is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. In private practice in Westport, Connecticut, she is the author of the award-winning *How Can I Forgive You?*, *The Courage to Forgive*, *the Freedom Not To*, and *Life with Pop: Lessons on Caring for an Aging Parent*.

If you're looking into this book and reading this review, chances are you have been devastated by infidelity recently. This book is straight forward and has helped me realize that my feelings towards my wife's infidelity are not only normal, but are something that I can overcome. I was absolutely shocked how the author hit the nail on the head with real world examples of exactly how i feel. I'm not done with the book yet but so far I have not been able to put it down. My wife and I are working on making our marriage work so I am having her read this book with me each night so she can understand my emotions and help herself deal with what lead her to cheat in the first place. This book is perfect- it helps both the hurt partner and the unfaithful partner understand their actions, their reactions to themselves and each other, and how to cope with ending or continuing your marriage. I was hesitant to purchase this because just reading the title stings a little. It's a terrible reminder of something that should never happen between two loving people. I feel like it takes a bold person to purchase a book like this because it seems so much easier to not think about the things that hurt us. I'm just a regular guy, not endorsed by the publisher or , but I can tell you that the best thing you could do for yourself or your marriage is to add this book to your cart and start healing the right way. Realize that your feelings are common and you're not crazy, irrational, or undesirable as you might think. What do you have to lose? The book was under ten dollars, cheap in regards to what I believe it's worth. Be strong enough to seek guidance because you are not alone. Good luck.

helped me see i'm not alone gave me some direction to go without lashing out at my partner. gave me hope

Sad fact read as much as you can so you understand your pain.

This book is good for couples who are considering working things out. There are "success indicators" that help the wounded partner feel a little safer in knowing what to look for to feel more assured the behavior won't re-occur. There are activities for both partners to go over together to

help them explore the "whys" behind the infidelity to fix underlying issues and build a stronger relationship. There's a chapter on how to reunite physically after some healing has taken place.

Amazing and inciteful. Great help for both parties.

This is a great book for anyone going through this.. It helps both parties of the affair.. I highly recommend it..... Jessica Mitchell

Helped my husband and I both cope when we got back together after we broke up during our engagement. He slept with another woman that was engaged and my ex came sniffing back around and made a move when I was most vulnerable. Helped us both face what we did, what the other did and helped us rebuild our trust.

Great, helpful read. Would recommend to anyone going through this tough situation.

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After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, 2nd Edition After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful Trust: Mastering the Four Essential Trusts: Trust in Self, Trust in God, Trust in Others, Trust in Life Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Healing from Infidelity: The Divorce Busting® Guide to Rebuilding Your Marriage After an Affair How to Help Your Spouse Heal From Your Affair: A Compact Manual for the Unfaithful Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Living Without Your Gallbladder: How To Optimize Your Health After Your Gallbladder Has Been Removed Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) After Victory: Institutions, Strategic Restraint, and the Rebuilding of Order After Major Wars Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Community as Partner: Theory and Practice in Nursing (Anderson,

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