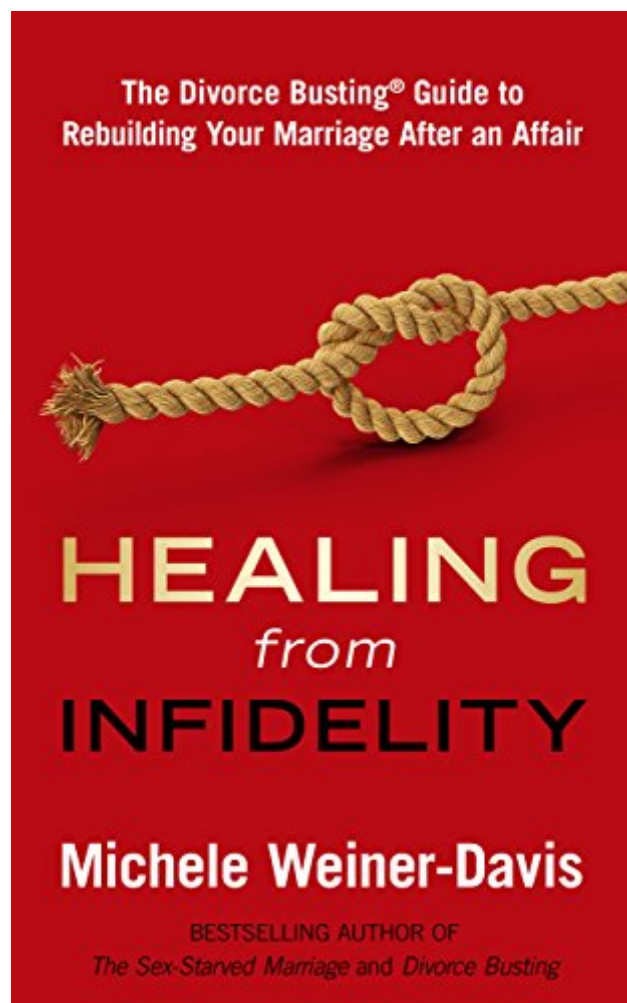




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# Healing From Infidelity: The Divorce Busting® Guide To Rebuilding Your Marriage After An Affair



## Synopsis

Little compares to the devastation people feel upon discovering their spouse has been unfaithful. Shocked, devastated and overwhelmed, couples often hit stalemates as they struggle to get past intense emotional pain, mistrust, resentment and never-ending arguments about the betrayal. From the bestselling author of *DIVORCE BUSTING* and *THE SEX-STARVED MARRIAGE*, renowned therapist, and TEDx speaker, Michele Weiner-Davis, comes a powerful blueprint for helping couples rebuild trust and mend their marriages following the crisis of discovery of an affair through forgiveness and beyond. Based on over three decades of experience helping couples recover from betrayal and save their marriages, Weiner-Davis offers a step-by-step program to help readers:

- Deal with traumatic feelings after the discovery
- Respond to questions about the affair
- Talk about intense emotions without arguing
- End the affair
- Offer apologies that are sincere and healing
- Overcome flashbacks and painful memories
- Rebuild trust and accountability
- Make their marriage stronger than before the affair
- Find forgiveness
- Reconnect sexually

This book is filled with case vignettes of couples whose lives were shattered by betrayal but have eventually recovered and thrived. With the publication of *HEALING FROM INFIDELITY*, the practical advice available to her clients will be made accessible to millions more who desperately want to move through the pain of infidelity and restore their love.

**ADVANCE PRAISE for *HEALING FROM INFIDELITY*:** "Rebuilding a marriage after an affair is one of life's biggest hurts and challenges. Weiner-Davis' no-nonsense advice is clear, insightful, and can save your marriage." Daniel G. Amen, MD Founder, Amen Clinics, Co-author of *The Brain Warrior's Way* "In a paradoxical sense, *Healing from Infidelity*, another brilliant book by Michele Weiner-Davis, is a call for fidelity to marriage regardless of commitment challenges. Filled with wisdom from years of clinical experience, case histories that document the healing process and practical guidance for all the stages on the journey to recovery, this book will be useful to every couple who has experienced an affair and therapists who want to help them." Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D, co-authors of *Making Marriage Simple* "I know of no better person to guide you through the toughest relationship issues than Michele Weiner-Davis. Her skill, knowledge, and proven track record put her in the rare class of the most successful therapists in the world." Pat Love, Ph.D Author of *Hot Monogamy* "This book can be used as a standalone for couples, as well as an adjunct to therapy. Its even-handed orientation will appeal to both the unfaithful partner and the injured spouse. It is book of "how to;" not a book about "why." ... There is a path to success, and as a tireless advocate of marriage, Michele Weiner-Davis provides a roadmap to recovery in *Healing from Infidelity*." Jeff Zeig, PhD. Founder

and Director of the Milton H. Erickson Foundation" In Healing from Infidelity, esteemed therapist Michele Weiner-Davis takes couples through the arduous task of recovery from betrayal of trust. ....A wiser and more experienced voice for restoring faith in relationship would be hard for afflicted couples to find." Steven Stosny, Ph.D., author of Soar Above: How to Use the Most Profound Part of the Brain under Any Kind of Stress

## **Book Information**

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## **Customer Reviews**

Someone close to me had an affair, but has been trying very hard to get his marriage back. So, when I read Michele's chapters directed to the one who cheated, it seemed as if she knew exactly what he was going through! She spells out the very important things he needs to do to care for his wife, but she also relates to what he is going through and is such an amazing cheerleader. Thank you, Michele, for offering so much encouragement to both parties, but especially for my friend who just needs to hear that the marriage is absolutely worth fighting for and to keep going!

Michelle Weiner- Davis has outdone herself in her new book Healing from Infidelity. Michele captures the importance of marriage and family and how healing can take place between couple both as individuals and as partners. She interweaves the seriousness of the subject matter with humor, kindness and grace. Readers will sense a personal connection with Michele as they explore emotions, actions and self care. A must read!

Michele Weiner-Davis's book is a practical, down to earth and realistic guide to healing from infidelity. As many of us who work in the field know, a marriage does not need to end when one of the partner's has betrayed their spouse's trust. Ms. Weiner-Davis acknowledges the painful and devastating effects of infidelity while also giving structured hope and guidance for a couple to use a terrible situation to ultimately strengthen their marriage. Highly recommend! Mary T. Kelly, M.A.

This books is an amazing resource for anyone dealing with the aftermath of infidelity. Michele is empathetic and understands how it feels following an affair being exposed. She gives practical advice to both the betrayed spouse and the unfaithful spouse. My husband and I followed her advice and I credit that to us still being married, and better yet, happy together. Like Michele says in the book, it takes hard work and commitment. Healing from Infidelity helped us to navigate the ups and downs of the path to regaining our marriage. I would HIGHLY recommend this book to anyone whose marriage has been impacted by an affair.

Nice work.

I would highly recommend this book if you are having relationship issues revolving around infidelity. It opens your mind to both sides and really helps you break down the steps so you can start healing.

This is a great book about Infidelity. It makes at least the person who betrayed the bond of the marriage understand what they need to do. I can't speak for my wife or if we will reconcile. However, it does set you up to save your marriage and if it doesn't work out, you know what you will need in your next relationship

Saved my sanity and my marriage. So grateful to have found this book. There is no betrayal greater. Yet I have hope.

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