



After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful (2nd edition)

By Janis Abrahms Spring

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful (2nd edition), Janis Abrahms Spring, There is nothing quite like the pain and shock caused when a partner has been unfaithful. The hurt partner often experiences a profound loss of self-respect and falls into a depression that can last for years. For the relationship, infidelity is often a death blow. "After the Affair" is the first book to help readers survive this crisis. Written by a clinical psychologist, it guides both hurt and unfaithful partners through the three stages of healing: normalizing feelings, deciding whether to recommit and revitalizing the relationship. It provides proven, practical advice to help the couple change their behavior toward each other, cultivate trust and forgiveness and build a healthier, more conscious intimate partnership.

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