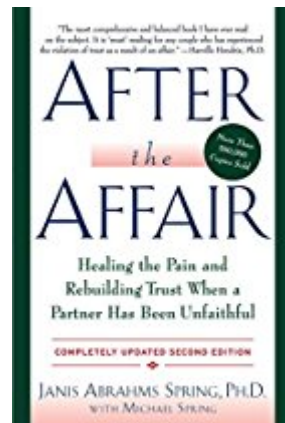


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From the Back Cover After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an infidelity. Drawing on thirty-five years as a clinical psychologist, Dr. Spring offers a series of original and proven strategies 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?

About the Author 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*.

Customer Reviews Most helpful customer reviews 401 of 408 people found the following review helpful. If you were exposed to infidelity, please purchase this book By Brian 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 amazon, but I can tell you that the best thing you could do for yourself or your marriage is to add this book to your amazon 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. 2 of 2 people found the following review helpful. after the affair By Nancy helped me see i'm not alone gave me some direction to go without lashing out at my partner. gave me hope 2 of 2 people found the following review helpful. arm yourself By Over 6,000 purchases Sad fact read as much as you can so you understand your pain. See all 274 customer reviews...

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