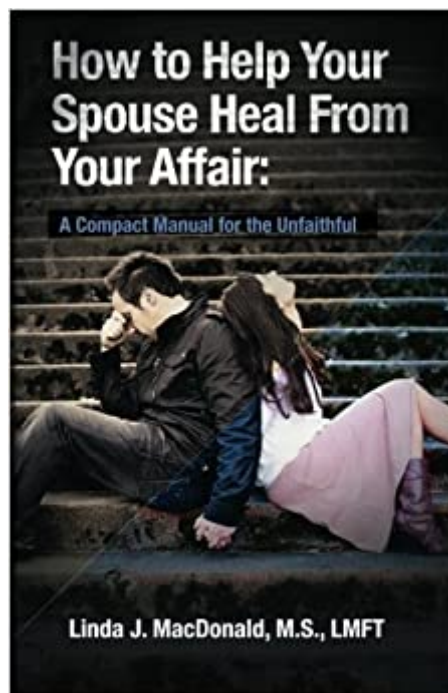




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# How To Help Your Spouse Heal From Your Affair: A Compact Manual For The Unfaithful



## Synopsis

Once an affair comes to light, many unfaithful persons "wake up" and want to save their marriages. Yet, they usually make terrible mistakes in their bungled attempts to win back their partners' trust. Linda J. MacDonald, an infidelity specialist for 23 years, has identified behaviors and attitudes that determine unfaithful persons' success or failure to mend their marriages after the wrecking ball of an affair. How to Help Your Spouse Heal from Your Affair offers practical advice for those who've strayed and want a second chance. It would take weeks of therapy to learn what Successful Rebuilders know: How to avoid the potholes that doom marriages after affairs Critical guidelines for the first hours after discovery 15 essential steps for repair after betrayal Skills to cope with your partner's obsessions and "triggers" Ways to undo the damage from your lies The keys to avoid prolonging your spouse's agony (and yours) The difference between helpful and harmful apologies How to rebuild your broken life, relationships, and integrity

## Book Information

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## Customer Reviews

"I regularly provide copies of Linda's book to my clients who are facing this challenge.

Unanimously they report, 'That [book] was very helpful.'"-Earl D. Wilson, PhD., author *Steering Clear, & Restoring the Fallen*"This is the most succinct collection of wisdom for helping the unfaithful that I have seen for couples trying to pick up the pieces of their lives after affairs."-Lance Brown, M.A., Minister of Care, Chapel Hill Presbyterian

"Shortly after my wife and family found out about my year-long affair, Linda's book, *How to Help*

Your Spouse Heal from Your Affair, came to me like a lifeline at the most confusing and shocking time of my life. I wanted nothing more than to save my marriage, and there had been very little information directed toward me to help me do my part. I found that the book, surprisingly, answered all of the questions that I had. I read it daily for weeks and followed it with full trust and blind faith. "Some of the steps were incredibly difficult to go through, but every time they proved effective. All I can say now is that the path that the book put me on was God's path for me and the healing of my spouse. I am forever grateful for the insight that it has given me to climb out of the darkest days of my life into the greatest time of our marriage."--Greg (former client, name changed to protect his privacy)

Here are the explicit attitudes, skills, and knowledge a Betrayer needs to become a healing Rebuilder of marriage. The writing is clear, concise--quick read, and appropriately graphic: very professional!! I would urge anyone involved with supporting the healing efforts of a couple to read and use this as a tool for clarifying what is(not) happening in the process. For Faithful partners and Offenders this book gives tracks to move on (NOT a 12-Step program!) to make sense of what you are going through, and specifics to look for and talk about.

This book was extremely helpful to both me (the betrayed) and my spouse (the betrayer) It helped us both move our relationship much further more quickly than we could have done on our own. Thank you, thank you, thank you.

In my experience as a marriage counselor, I find that many a faithful spouse whose mate has cheated is more traumatized by the deception than by the act itself. Linda MacDonald gets that. This book is short, but it covers the topic thoroughly. If you, cheating spouse, are ready to try to fix your marriage, here is good advice without verbal padding. Although the book is short, the process of rebuilding trust is not short. She is frank about the amount of time and effort it will take to rebuild. She gives good reasons why you might want to take on the difficult task of rebuilding your affair-damaged marriage.

If anyone feels that the victim does not deserve the truth, this book debunks that myth. I am in the process of buying my 3rd copy of this insightful book. I gave my 1st two copies to therapy/counselor friends for sharing with their clients. Yes, it is a short writing, but it hits all of the necessary bells and whistles including anger, guilt, remorse, and most of all--tools for healing.

This book helped me understand that forgiveness should not be freely handed out too soon. Churches do expect the betrayed spouse to forgive without going through the steps of forgiveness. Forgiveness starts with an apology from the wayward spouse, but sometimes that apology does not come right away. Some people take longer for a sincere apology to come out. It may take over a year depending on the temperament of the person who cheated. I love how the author and therapist did not place the blame on the faithful partner, but helps both partners in the marriage see their roles. Much to the surprise of a lot of people, there does not have to be trouble in the marriage for a partner in the marriage to cheat. I love this book because Linda MacDonald is sympathetic and she seems to hold each partner responsible and she stirs the heart of the faithful and the unfaithful.

Very easy read, and hit a lot of good points.

This is a very good little pocket guide for someone who would like to keep it with him in the painful aftermath of an affair. It's full of helpful tips and information to help ones spouse recover from their partners infidelity. It's a quick read, a good reference, and a nice gift for anyone you know who may be hurting.

I really believe this book helped me. Although, I must say, I already knew everything I read, but it was nice to know that how I feel is normal. The introduction says that the author has some Christian beliefs, which worried me because I didn't want to be preached at. However after reading it, there was little religion in the book. This book would be helpful to the person who was unfaithful. My boyfriend had cheated on me, and I read this because I really didn't know what I wanted him to do to fix it. But after reading it, I have a more clear sense of what might help me heal, I nearly highlighted every paragraph. It's just a shame he won't read the book.

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