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Repairing Your Marriage After His Affair: A Woman's Guide to Hope and Healing

Marcella Weiner, Armand Dimele

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Repairing Your Marriage After His Affair: A Woman's Guide to Hope and Healing Marcella Weiner, Armand Dimele
A Step-by-Step Guide to Healing Your Heart and Rebuilding Your Marriage
Discovering that your husband has been unfaithful can be emotionally devastating, leaving you reeling in pain and confusion. But take heart—this survival guide for women offers compassionate and practical solutions for coping with the aftermath of an affair. Drawing on their years of experience as professional therapists, authors **Marcella Bakur Weiner** and **Armand DiMele** explain how to heal the marriage bond and restore trust between partners. Written with empathy and understanding, this book addresses such vital topics as:
·Coming to terms with the sense of loss and betrayal
·Coping with feelings of suspicion and the specter of "the other woman"
·Dealing with the children during and after the affair
·Understanding character traits of men who have affairs—and how different women's personalities interact with them
·Finding the best sources of emotional support
Also included are helpful exercises for self-healing and redeveloping mutual trust as a couple. ***Repairing Your Marriage After His Affair*** will guide you through the turmoil of infidelity and aid you in mending and strengthening your marriage vows.

From the Trade Paperback edition.

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Michael Kimbrell:

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